

ZINC OXIDE TAPE

For the treatment of verruca's.

What is it?

Zinc Oxide tape is a rigid cotton sports tape, characterised by its strong zinc oxide-based adhesive. Zinc oxide is a compound which has been used for years in antiseptic creams as a healing agent for cuts and abrasions. The adhesive will be well known to some people as the smell of Elastoplast plasters.

How is it used?

Before applying the tape, it is important to make sure the skin is clean and dry.

Apply a clean piece of tape over the verruca each day. A child may do this themselves, and may feel empowered that they are doing something positive to treat the verruca.

Every 5 days, leave the skin tape free for 24hrs, then resume application daily for another 5 days. This regime may be continued indefinitely. This is dependant on general skin condition. If the surrounding skin/ skin over the verruca becomes too soft or irritated you must stop using the tape and remove it immediately.

If the skin is sweaty and plasters don't adhere to the skin, you can dab surgical spirit around the edge of the verruca using a cotton bud prior to applying the zinc oxide tape.

If you are allergic or sensitive to zinc oxide tape, use a hypoallergenic alternative. If unsure, use a small test piece on your skin first.

It is important to realise that there is no guaranteed treatment for verruca, given time they will resolve on their own. However, zinc oxide tape has proven to be a very effective method in helping to resolve verruca, especially in children.

Regular debridement of verruca's by your podiatrist is highly recommended.

It is important to consult a HCPC registered podiatrist for an assessment and diagnosis before beginning any medications/ treatments

If you have any concerns, please make an appointment with your podiatrist.

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