

Zinc Oxide



Information for patients

MSK Outpatients - Burns & Scar Management

Statements

Complying with the instructions / treatment advice given by your therapist, and on this sheet, aims to provide you with a good outcome. However, this is not always guaranteed and there is always a risk of complications which affect the overall result.

We must seek your consent for any procedure or treatment beforehand. Staff will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to ask for more information.

What is Zinc Oxide tape?

Zinc Oxide tape is a sticky plaster with traces of zinc oxide in the glue. It can be used to treat scar tissue to help scars become flatter, softer and paler. You will not notice any improvement straight away but after using it regularly, and as advised by your therapist, an improvement may happen over several weeks.

How do I apply the tape?

Clean the skin as advised by your therapist. Cut the tape long enough to cover the scar and apply directly to the skin.

How long can I wear the tape for?

Zinc Oxide tape can be worn for up to 23 hours per day, however when you first start to wear it you may be advised to wear it for a shorter time. Your therapist will advise you about this and about how long the treatment will last. At the end of the time remove the tape and throw it away. Removing the tape can be easier in warm water. Put a new piece of tape on after you have cleaned your skin.

What should I do if my skin becomes sore or I develop a rash?

If you notice any of these problems then please remove the tape and contact your therapist on **0114 271 5799** and ask for:

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