

# Double Helix Bandage Using Toilet Roll as Toe Separator to Manage Intertrigo

Karalikkattil T. Ashique, Chakravarthi R. Srinivas<sup>1</sup>, Vamshi Krishna<sup>1</sup>, Satyajit Sahu<sup>1</sup>

Department of Dermatology, Amanza Health Care (Nahas Skin Clinic), Perinthalmanna, Kerala, <sup>1</sup>Department of Dermatology, Kalinga Institute of Medical Sciences (KIMS), Bhubaneswar, Odisha, India

**Keywords:** Candidiasis, intertrigo, tinea pedis, toe separator, toe space

## CHALLENGE

Recurrence is very common in interdigital dermatoses such as candidiasis especially among diabetic patients and in people with less interdigital space between the toes, possibly because of tight and ill-fitting shoes. Managing them is very difficult because inability to keep the area dry all the time is the first hurdle and retention of medication



**Figure 1:** Right foot with the bandaged paper in place which makes it easy for the patient to wear a sock and shoe over it

being the next. A few techniques have been described earlier; however, they had their practical difficulty of bulk and utility when wearing closed footwear.<sup>[1,2]</sup>

## SOLUTION

We find that the use of soft napkin in wound around the toes such as a ribbon can do the trick with utmost user friendliness [Figure 1 and Video 1]. It is possible to limit to affected interdigital space only. This is cheap, easy to administer, absorbent, and will not affect wearing of the shoes, etc., even with the tissue in place. In addition, medications can be applied on to the tissue that helps drug delivery all the time and aids management of chronic candidiasis.

## Financial support and sponsorship

Nil.

## Conflicts of interest

There are no conflicts of interest.

## REFERENCES

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**Address for correspondence:** Dr. Karalikkattil T. Ashique, Department of Dermatology, Amanza Health Care (Nahas Skin Clinic), 4/220, Queen Complex, Above Axis Bank, Ooty Road, Valiyangadi, Perinthalmanna 679322, Kerala, India. E-mail: ashique@amanzadermatology.in

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**How to cite this article:** Ashique KT, Srinivas CR, Krishna V, Sahu S. Double helix bandage using toilet roll as toe separator to manage intertrigo. *J Cutan Aesthet Surg* 2021;14:114.

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10.4103/JCAS.JCAS\_178\_19