

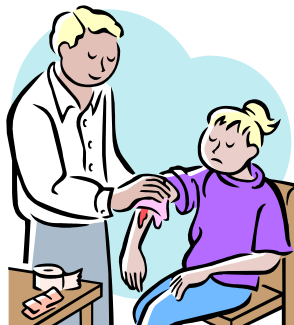
MANAGEMENT of SKIN ULCERS

- **Goal:** Stimulation of the recuperation of the skin in the ulcers, and around the ulcers, for control of infection and swollenness.
- **Materials:** Gloves, soap, bottle, clean water with salt (one teaspoon of salt in 1 liter of boiled water), clean rags, clean square gauzes, table knife, anti-inflammatory cream, antibiotic cream (you can use triple therapy cream), pomade of zinc oxide, sink, elastic bandages.
- **Levels:** *1-Cleaning:* Take off the bandages around the ulcer. Put a gauze that is saturated in salt water on the ulcers for 15 minutes, before you begin to wash them. After, with the patient seated in a chair and his feet on the sink, put on gloves, fill the bottle with clean water and pour water on the ulcers, with clean rags, clean the feet and legs with soap. Carefully with the gauze and a table knife, take off the dead skin, until the live base of the ulcer. When it begins to bleed, stop taking off skin. Do not reuse the water. Always fill the bottle with clean water. Dry the affected part with a clean rag.

2-Application of Creams and Pomades: You can apply an anti-inflammatory cream, if there is evidence of infection, antibacterial cream, or triple therapy cream. If there is evidence of extensive infection, you should use an oral antibiotic. Using a clean table knife, cover the square gauzes with sufficient zinc oxide pomade to cover the ulcers, and put it on the area of the ulcer.

3-Application of Elastic Bandages: Beginning on the feet, without covering the toes, until the knee, put on the elastic bandage, with more pressure on the feet, and less with each inch until the knees. On the ankles, you should have space for two fingers, without too much pressure, and underneath the knees, space for three fingers. If the patient feels uncomfortable, or if you see the toes are a blue color, or the foot does not have a pulse, give less pressure. It is not necessary to cover the knees usually. You can change the bandages, and repeat this process each week or more frequently if it is getting wet, dirty, or loose.

It takes a lot of time to cure ulcers. If the patient is obese, he should lose weight. Check blood pressure. If it is high, or if there is swelling, the person should try to avoid using too much salt, and might need medicine.



MAMA Project, Inc. SKIN CLINIC



Community Guide and Treatment Norms

1-**Present:** “Mrs. Scabies” drama and Hygiene and Scabies Information

2-**Examine:** Observe the skin of each person looking for evidence of scabies

3-**Distribute:** a pamphlet of hygiene and instructions about the prevention and treatment of scabies to all of the people in the community

4-**Treatment with Medicines:**

-**Scabies** (Benzyl Benzoate 25% for three days all over the body for everyone in the house if it is a case of scabies in the house)

- **Anti-inflammatory cream or oral medicines against itch (Anti-histamine)**
(If the skin is very swollen and itches)

-**Antibiotic* Cream or an appropriate oral antibiotic.** † (If it has pus or infection)

-**Soap:** antibacterial for each family

***Triple Therapy Cream** has medicine to fight against fungus, inflammation, and infection.

† Dicloxacillin, azithromycin (Zithromax), clarithromycin (Biaxin), erythromycin, Ceph 1~Eg: cefadroxil, cephalexin, cefazolin for staph with bullous lesions; but, Ceph 2~Eg: cefaclor, cefprozil, cefuroxime axetil for streptococcus with lesions with dried frost of a honey color.

BENZYL BENZOATE 25%

SCABIES:

- You need to treat every member of the family.**
- Hygiene:** Take a bath and change clothes daily, scrub your entire body using soap. Cut your nails. Wash all of your clothes, sheets and blankets, and even better, boil them and let them dry in the sun.
- After the bath, apply the lotion** (*Oil-based lotion preferred. Water-based lotion stings more.) all over your body, from the top of your head to the soles of your feet, and under your nails for three days. For infants, dilute the lotion to be half lotion and half oil. If there is pus, use anti-bacterial cream or antibiotic.

FOR LICE:

Treat all of the members of the family: Bathe and wash hair often. Examine the children's hair. Apply the lotion to the hair and body (where there are lice) – leave it for 24 hours.



Triple Therapy Cream

*Label (normally 2"x4") and
Instructions for Use:*

TRIPLE THERAPY FOR THE SKIN

CLOTRIMAZOLE 1%: Fungus, Candida, Tinea Versicolor

GENTAMICIN SULFATE 0.1%: Bacteria

HYDROCORTISONE 1%: Inflammation

How to Use:

Wash the skin, dry, and apply

Use twice a day for hair, body, fingers, toes, and diaper rash.

If it does not cure in three weeks or if it gets worse, consult a doctor.

Instructions for making Triple Therapy Cream:

In 5 liters of skin cream/lotion:

50g Clotrimazole

50g Hydrocortisone Acetate

5g Gentamicin Sulfate

Mix three powdered medications in first liter, with red food coloring added.
After thoroughly mixed, fold into the other four liters, using the color as a
guide to thorough mixing.