

INFORMATION TO THE PATIENT ABOUT OCCLUSION TREATMENT

What is occlusion treatment??

An occlusion treatment is a treatment that is performed x 1 per week and is used for various types of skin diseases e.g. psoriasis or eczema. Parts of the body are then brushed with liquid cortisone solution with a dense hydrocolloid plate over. The purpose is to have a stronger effect of the cortisone in the area in question, as well as to prevent itching of the element. Moisture from the area will be absorbed into the plate and may form a gel that deposits on the skin. If there is a lot of fluid from the skin, for example when sweating, then the plate can be slightly changed and may then need to change before 1 week has passed.

Treatment plan prescribed by:

Dr: _____

Duration: _____

Approach:

1. Clean the skin
2. Dermovat liniment:
 - a. Brush on 1. stroke med with q-tip
 - b. Allow to dry for a few minutes before applying coat nr. 2
3. Apply Hydrocolloid plate (ex. Duoderm extra thin)
 - a. Heat up before applying (ex. skin to skin)
 - b. The plate can be cut and adjusted to the area (Tip: cut rounded corners)
 - c. Adapt so that it is at least 3 cm outside the treated area
 - d. Important that there are no air bubbles under the plate (can then loosen faster)
 - e. Important that the skin is dry before application
4. Duration:
 - a. The plate may remain for 1 week before repeating the treatment.
 - b. If it loosens/begins to dissolve – repeat the same procedure

The hydrocolloid plate can withstand normal physical activity. But if you exercise a lot and sweat a lot, the plate can loosen more easily. It can also withstand a regular shower, but one should avoid the tub / swimming pool. Can be bought at the bandagist shop, where you can also buy the plates individually. Overview of bandagist stores available on separate sheet.

In case of prolonged use of the hydrocolloid plate (more than 3 months in the course of 1 year), there is an opportunity to apply for a refund under §5-22. One must then take care of all specified receipts and the dermatologist must apply on behalf of the patient.

For more information, see Helsebiblioteket.no.