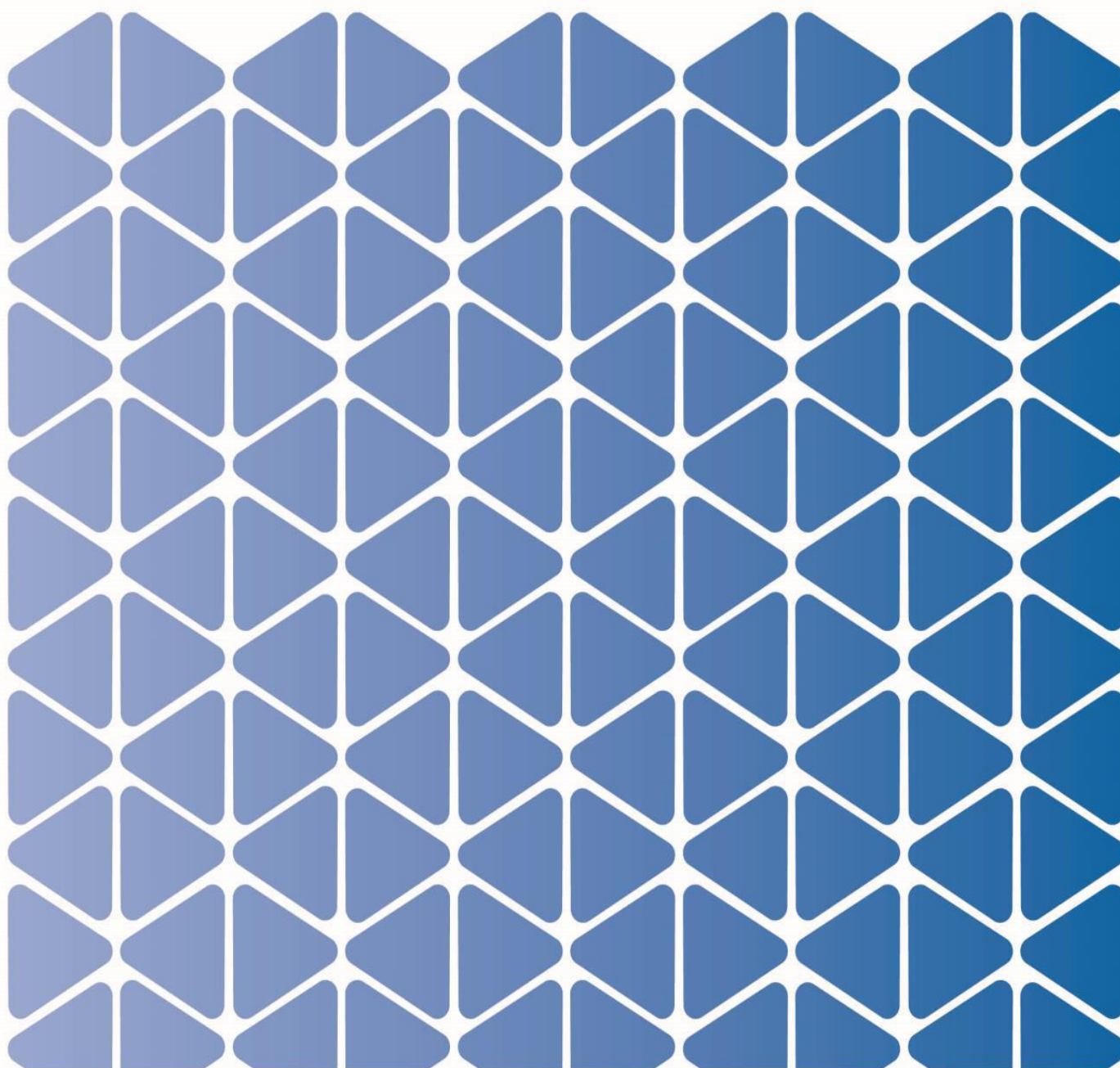


# HOW TO USE POTASSIUM PERMANGANATE SOLUTION SOAKS



## **What are the aims of this leaflet?**

This leaflet has been written to help you understand how to use potassium permanganate soaks, prepared using potassium permanganate tablets for cutaneous solution, for example AnateP®, EN-Potab® or Permitabs®.

## **What is potassium permanganate?**

Potassium permanganate is a chemical which, when diluted, works as a mild antiseptic and astringent (something that dries the skin). It is for external use only. This means that it should only be used on the outside of your body and must never be put in the mouth or swallowed.

## **Important safety advice:**

- 1. Potentially fatal if swallowed.**
- 2. The tablets must be stored in a safe place out of the reach of children/vulnerable adults and in a place where they will not be mistaken for tablets you would swallow.**
- 3. Potassium permanganate must be diluted in water before use.**
- 4. Always wear disposable, protective gloves when handling potassium permanganate to avoid staining or irritation of the skin.**

## **What skin conditions are treated with potassium permanganate?**

Skin conditions commonly treated with potassium permanganate soaks include weeping or blistering conditions such as acute weeping/infected eczema and leg ulcers.

## **How to use potassium permanganate safely?**

The solution should be freshly prepared just before use, as, if left it will start to oxidise and go brown. Wearing disposable, protective gloves, use a clean container, lined with a clean white bin liner bag. This will allow you to see the colour of the water when potassium permanganate is diluted with water. Fill the lined container with 4 litres of warm tap water and add one tablet of AnateP®, EN-Potab® or Permitabs® - allow the tablet to dissolve completely in the water. The colour of the water should be light pink.

Apply petroleum jelly (for example Vaseline®) to the finger or toenails to prevent staining if they are going to be exposed to potassium permanganate solution. If treating the extremities (hands and feet), they may be soaked in diluted potassium permanganate solution. If treating a larger part of the body and limbs, the solution may be poured into a bath. If treating a localised area such as under the breasts or in the groin, gauze swabs may be soaked in the diluted solution and applied to those areas. Treat the affected areas for 10-15 minutes and then pat dry with a clean towel. The solution may be disposed of in the household drain if the treatment is being given at home. Potassium

permanganate solution may stain containers and baths, showers, and wash basins, and irritate the skin, so they should be cleaned thoroughly after use.

### **How should the treated area be cared for?**

Once the affected area has been soaked and dried, apply any prescribed cream/ointment and or dressings, and repeat as recommended by your healthcare professional.

What are the possible side effects of potassium permanganate soaks?

- Dryness of the skin.
- Can cause irritation or burns if the dilution is not adequate.
- Contact with eyes and mucous membranes (inside of mouth, nose, ear, genitals, and anus) may cause irritation and should be avoided.
- Harmful if swallowed – may cause significant side effects. **If swallowed, seek medical help immediately.**
- Potassium permanganate is a dye and will stain clothing, fabrics, and ceramic basins.

### **How will I be monitored for the side effects of potassium permanganate soaks?**

The nurse or healthcare professional giving the treatment will assess your skin before and after treatment. If you are treating yourself and/or assisted by a carer, and you have concerns, contact the healthcare professional who prescribed the treatment.

### **What to do if you accidentally swallow potassium permanganate or get it into your eyes**

Potassium permanganate can be extremely harmful if swallowed. If you accidentally swallow the tablet or solution, drink a small glass of milk or water, and seek immediate medical help at your nearest accident and emergency department or ring 999. If you accidentally get potassium permanganate in your eyes, try not to rub or keep them closed. Wash your eyes straight away with plenty of water for at least 15 minutes, remove any contact lenses and contact NHS 111 immediately.

### **Where can I get more information about potassium permanganate?**

Alliance Pharmaceuticals Limited Avonbridge House Bath Road Chippenham Wiltshire SN15 2BB

Contact: <https://www.alliancepharmaceuticals.com/contact/>

DermNet NZ: <http://www.dermnetnz.org/treatments/permanganate.html>

British Association of Dermatologists | [www.bad.org.uk/leaflets](http://www.bad.org.uk/leaflets) | Registered Charity No. 258474

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.