

## Innovations

# Mono-helix bandage using cotton gauze strip as an easy and inexpensive method for separating interdigital toe web space

Muhammed Mukhtar<sup>1</sup>, Nadia Mukhtar<sup>1</sup>

<sup>1</sup>Department of Dermatology, Mukhtar Skin Centre, Katihar, Bihar, India.



**\*Corresponding author:**

Muhammed Mukhtar,  
Katihar Medical College Road,  
Katihar - 854 105, Bihar, India.

[drmmukhtar20@gmail.com](mailto:drmmukhtar20@gmail.com)

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## PROBLEM

Toe web intertrigo is a persistent inflammatory condition of the toe web space. Narrow web space, diabetes, moisture, obesity, and tight-fitting shoes are all risk factors.<sup>[1]</sup> The main aim of treatment is to keep the toe web space dry and to apply the medications. To separate the toes and keep the space dry, toilet paper, tissue paper, filter paper, and micropore tapes have been employed. The papers are wrapped in a double helix pattern around the toes and taped in pairs around two toes.<sup>[2,3]</sup> A new technique is used here to keep the toe web space dry and to apply drugs.

## SOLUTION

To separate the toe web space, we used a mono-helix cotton gauze bandage. Depending on the involvement of the web space, the bandage is wound around toes in two ways [Figure 1a



**Figure 1:** (a and b) Two methods of putting on a mono-helix bandage: Using a cotton gauze bandage to keep dry and delivering drugs to the toe web space.

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and b]. After wrapping the gauze, the bandage ends are secured with a piece of micropore adhesive tape on the foot. As a result, wrapping the gauze in a mono-helix keeps moisture out of the web space and makes it easier to apply the medications. This bandage is inexpensive, easily accessible, and absorbable and may be used according to toe web space involvement.

#### **Declaration of patient consent**

Patient's consent not required as patients identity is not disclosed or compromised.

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Nil.

#### **Conflicts of interest**

There are no conflicts of interest.

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