

Innovations

Clinical pearl: Tea-spoon as a novel applicator of topical preparations on the upper back

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PROBLEM

Self-application of topical drugs on the upper back is challenging for all patients because the scapular and interscapular areas of the back are inaccessible to the hands.^[1,2] According to personal experience, there is a risk of tennis elbow (lateral epicondylitis) when self-application of topical over the area with extra effort is attempted. As a result, the patients become dependent on others for upper back topical therapy.

SOLUTION

To overcome the aforementioned concerns, we recommend a teaspoon (5 ml, 8" long or more) as an innovative and simple-to-apply topical applicator [Figure 1]. First, a spoon is used to apply the needed amount of topical medication (5 ml) to the upper back. The medicine is, then, applied from above and on both sides of the back, focusing on the scapular, interscapular, and inaccessible regions [Video 1]. Following that, any remaining cream on the back's perimeter is manually rubbed. Thus, using the spoon, the topical treatment may be simply applied to the inaccessible portion of the back. When



Figure 1: Teaspoon of 8" long with 5 ml lotion before application on the back.



Video 1: The lotion is poured on the upper back and applied with help of the spoon from above and sides of the upper back.

dealing with a small area, topicals are put on the back side of a spoon and applied to the affected area using a mirror.

Declaration of patient consent

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

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Conflicts of interest

There are no conflicts of interest.

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