



**Isle of Wight**  
NHS Trust

**Patient Information Leaflet**

# **How to use potassium permanganate soaks**

**Produced by:**

British Association of Dermatologists

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**SMOKEFREE**  
Isle of Wight

**If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.**

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**Polish:**

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

**Russian:**

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

**Turkish:**

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

**Bulgarian:**

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

**Czech:**

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

**Bengali:**

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টেলিফোনে ইংরেজি কথা কতে জিজ্ঞাসা করুন এবং সাহায্য করুন

**This leaflet is to help you understand how to use potassium permanganate (Permitabs®) soaks.**

## **What is potassium permanganate?**

Diluted potassium permanganate, is a mild antiseptic and astringent (something that dries the skin). It is for external use only.

### **Important safety advice:**

- 1) Never swallow the tablet or liquid.
- 2) Contact with eyes and mucous membranes (inside of mouth, nose, ear, genitals and anus) may cause irritation and should be avoided. Rinse with copious amounts of water and seek medical help if this happens.
- 3) Do not eat, smoke or drink when using this product.
- 4) Store in a safe place, away from children/vulnerable adults.
- 5) Do not mix with ammonia or hydrogen peroxide products.
- 6) Always wear gloves when handling the Permitabs® to avoid staining or irritant reactions on the fingers.

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

Weeping or blistering conditions such as acute weeping/infected eczema and leg ulcers.

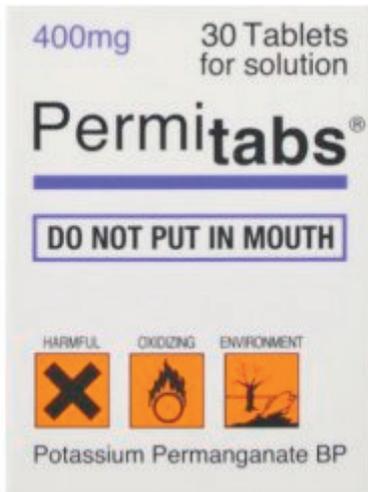
### **What you will need:**

- 1 clean container which can contain at least 7 Litres of fluid e.g. a bucket.
- 1 clean white bin liner bag.
- 1 smaller container with a secure lid e.g. clean jam jar.
- Vaseline to cover nails if needed.
- 4 Litres of warm water.
- Potassium permanganate external soak tablets.
- Disposable gloves.

### **What do I need to do?**

- 1) Prepare the solution just before use (if left it will start to go brown).
- 2) Put on gloves.
- 3) Place one potassium permanganate tablet into the small container and add some warm water.
- 4) Secure the lid onto the container and swirl the liquid around to dissolve the potassium permanganate tablet.
- 5) When dissolved, fill the large clean container lined with a clean white bin liner bag with 4 litres of warm tap water.
- 6) Add the dark purple potassium permanganate solution from the small container. The water should become a light pink colour (see below).

- 7) If treating hands and feet, apply Vaseline to your nails to prevent staining.
- 8) Place the area to be treated into the light pink water.
- 9) You may be asked to soak some gauze swabs in the light pink water and apply the damp swabs to the weeping areas of skin for example under the breasts or in the groin.
- 10) Soak your skin for 10–15 minutes and then pat dry.
- 11) Pour the pink water down the drain (care, this may stain your bathroom fixtures) and clean the container well after use.



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

After your skin has been soaked and dried, apply any prescribed cream/ointment and or dressings, and repeat this process as prescribed by your doctor or nurse.

## **What are the possible side effects of potassium permanganate soaks?**

- Can cause irritation if the solution is too strong (if water is dark pink).
- Harmful when swallowed – eating and drinking must be avoided when using the product.
- Dryness.
- Permitab is a dye and will stain clothing, fabric and ceramic basins.
- Can cause burns.

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

The nurse treating you will look at your skin before and after your treatment. If you are treating yourself and you have concerns, contact the doctor or nurse who prescribed the treatment. If you accidentally swallow the tablet or solution drink plenty of water, do not force yourself to vomit and seek immediate medical help.

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**If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.**

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

### **We Value Your Views On Our Service**

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive  
Isle Of Wight NHS Trust  
St Mary's Hospital  
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.