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Condy's Crystals (Potassium Permanganate) Soaks: Patient Information & Instructions:

When are Condy's Crystals soaks used?

- Condy's Crystals soaks help dry and disinfect moist or exudative skin problems, specifically:
  - Exudative or weepy wounds.
  - Ulcers (including venous or other chronic ulcers).
  - Skin-fold maceration (soft, soggy skin from trapped moisture).
  - Intertrigo (inflamed, moist rashes in the skin folds associated with yeast or fungus).
- These soaks help dry excess moisture, reduce surface bacteria and promote healing.

What is required?

- Condy's Crystals (potassium permanganate). These can be purchased from your local supermarket or pharmacy.
- Clean container: basin, bucket or container.
  - The soak & compress method method works best.
- Warm tap water: comfortably warm, never hot.
- Clean hand towels and / or gauze and towels preferably old or dark-coloured to avoid staining

Instructions:

- Prepare the Solution:
  - Fill a clean container with an appropriate amount of warm water (adjust quantity to the size of the area you are soaking).
  - Add only a few crystals of Condy's Crystals and stir until dissolved.
  - The water must be pale pink (like pink champagne). If it looks darker than this, dilute with more water until the colour lightens.
- Soak & Compress:
  - Dip the clean hand towel or gauze in the solution and lightly wring out.
  - Apply to the affected area for 15 minutes and remove.
- After Soak & Compress:
  - Gently pat dry with a clean towel.
  - Apply any dressings or topical treatments exactly as directed by your healthcare provider.
- Frequency:
  - Typically once to twice daily until the wound or moist area improves as advised.

Tips:

- Stop treatment if the skin becomes excessively irritated, sore or worsens.
- Avoid contact with the eyes, mouth or genital areas.
- Always wash your hands before and after to reduce infection.
- If your skin turns brown, then the solution used is too strong and use less crystals.