

13

PRE-MAUFACTURED SILICONE SOCKS IS A SAFE AND EFFECTIVE TREATMENT OF DRY SKIN AND FISSURES IN PATIENTS WITH DIABETIC NEUORPATHY

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Aim: Fissures are a complication of dry neuropathic skin. Regular application of emollient helps to prevent fissures, but compliance is usually poor. Individually manufactured silicone socks are useful in treatment of dry skin, but to a high cost. The aim of this study was to evaluate compliance, effectiveness and safety of pre-manufactured silicone socks.

Method: Wooden lasts with standardized measures was used, each size have three circumferential sizes. A thin silicon sheet was draped over the last by hand, and results in a seamless silicon sock. Air was evacuated, followed by a hardening time of 10 hours. During 2008, 40 persons with diabetes mellitus were fitted with silicone socks.

Results: 34 patients were included in a retrospective chart- and questionnaire study. 25 (74%) patients answered the questionnaire. Of these 3 had never used their delivered socks. 91% of our patients used their socks when sleeping and 22% at daytime. On a VA-scale patients estimated their clinical problem to 88 (78-99) (median (25-75%)) before and to 34 (15-46) after treatment ($p<0,01$). The effectiveness was estimated to 93 (91-100). Of the patients using silicone socks at daytime one developed an ulcer and one blisters. No AE was seen in night-users.

Conclusion: Pre-manufactured silicone socks improve skin moisture and prevent development of fissures. Patient compliance is good. Pre-manufactured silicone socks should preferably be used when sleeping to prevent ulcers and blisters.