Haelan Tape®

Introduction
You have been seen by a doctor or nurse who has prescribed this treatment for you.

What is Haelan Tape®?
Haelan Tape® is a topical steroid (applied directly to the skin) treatment. The tape comes on a roll, and is a waterproof, transparent, hypo-allergenic, self-adhesive tape impregnated with 4 micrograms of Fludrooxycortide® per square centimetre.

The tape allows the steroid to be applied just where it is needed. It protects the area and prevents scratching.

Once the patient has been shown how to use the tape, they will be easily able to use it themselves on a daily basis.

Green: 50cm long
Yellow: 200cm long

What is Haelan Tape® used for?
Haelan Tape® is used for a number of conditions including: overgranulation (over healed), keloid scars, small patches of eczema, fissuring (fingers, hands, heels and soles), lichen simplex, lichen planus, nodular prurigo and stoma sites.

The tape is impregnated with a steroid and must be prescribed. The doctor or nurse will tell you why you are being prescribed this treatment.

Do not use this medication for any other disorder than that for which it was prescribed.
How to use Haelan Tape®

Haelan Tape® is backed with a lining paper which means it can be cut into different shapes and sizes before being applied. The tape should always be cut.

The tape is applied to dry, clean skin which is free of hair. Hairy areas should be shaved or clipped to allow for good contact with the skin.

The tape should be changed once daily and is effective for 12 hours per day.

When the tape is applied, cover the area to be treated plus a 2 cm border of skin. The tape corners can be rounded off for a better fit.

After removing the lining paper, apply the tape to the centre of the affected area with gentle pressure and work to the edges, avoiding overstretching of the skin.

If longer strips are to be applied, the lining paper should be removed.

![Figure 1 - The 'T'

Fissured fingers and toes can be easily treated and protected by cutting a T-shape. After peeling off the backing, the top section of Haelan Tape® should be pulled down over the fingertip and nail. Peel off the remaining tape and wrap around the finger.

![Figure 2 – 'The Willow Leaf']
Useful for treating fingers as the ends of the willow leaf overlap allowing the movement to the finger without the Haelan Tape® coming off.

![Diagram of 'The Patch']

**Figure 3 - 'The Patch'**

**Important information**

Taped skin should not be bandaged or tightly covered as this may increase the steroid absorption. If irritation or infection develops, remove the tape and consult a doctor.

**Do not use on infected areas.**

Courses for young children and on the face should be limited to 5 days and should only be applied under medical supervision. An information leaflet is included with your tape. Please read for further information.