

## From the Land of Chat: Hands and Nitrile Gloves

### PRP Facebook Support Group

**Author/Member: Estrelita O**

PRP at its worst in 2012, I remember wearing latex gloves to apply my creams.  
— January 21, 2015

**Sam D**

Are you sure that's not a picture of my hand?  
Just kidding. But yes. My hands are horrible at the moment, although I don't wear gloves to apply my creams/lotions because the topical steroids are doing my hands some good, and the other lotion keeps them softer than they otherwise would be.

The worst part about the hands is when they are dry and the flaky skin is hard and you go to rub at something like your face and almost cut yourself open! OUCH!!!

**Estrelita O**

That's where the latex gloves come in to avoid scratching

**Marianne B**

I remember my hands being like that. I used to sit out in the back yard and peel away.

**Laura B**

Thought this was a photo of my hand!

**Annette B**

I'm thankful to be in a little better shape now...but remember this well. At my hospital we have fingerprint scanners to open our medication Pyxis [an automated medication dispensing system] for about six months it would not read mine

**Judy F**

My hands are going thru that now...for the 2nd time & daggone they hurt! Sam D--you



Estrelita O

are so right — it's dangerous to rub my face right now!

**Violet T**

It's so miserable when your hands are painful! I cut off the tips of the fingers of my nitrile gloves so I can sew (if my fingertips are not involved).

**Nicola G**

Very familiar!



Nicola G

Scroll to  
the end  
for the  
PRPer  
Takeaway



**Laurel A**

My hands (and feet) have been like this again for about two weeks this time. They are better, just one split on the palm and a couple on each foot.

**Sam D**

Hmmm... latex gloves.... I've been told not to use them as they act like a "closed" dressing and I'm not to use closed dressings.

**Sharon Tr**

Sam, I wore nitrile gloves and I don't care what anyone says, it helped a lot! Kept my hands moist so that they didn't crack and bleed. No infections from picking up the wrong thing....etc, etc.

**Nicola G**

The Nitrile gloves are latex-free right?

**Cathy H**

They are latex free

**Sharon T**

Yep! And I swear they helped speed the healing up.

**Cathy H**

I agree Sharon.

**Lorna R**

Nitrile is latex free. I wore nitrile gloves for three years, day and night. I never had any problems. I would take them off when I showered and applied the body cream. If I had not worn them, my hands would have been useless. Sometimes when you are just sitting, you take the gloves off for a bit, but it did not take long for that thick layer of keratin to harden.

**Judy F**

Speaking of what type of gloves, I've been using vinyl gloves but they are getting too

tight-even tho they're "one size fits most". I know my hands are swollen, but they're not as big as some folks' hands. Guess I'm going to have to try nitrile gloves now.

**Sharon T**

Judy, you will see a big difference. They are more flexible.

**Bill M**

Reading these comments this morning about hands and nitrile gloves brought me back to



Nitrile gloves



Bill M

to a particularly bad place (circa late 2012). I could handle the pain and discomfort of PRP just about everywhere on my body, but the pain associated with my hands and fingertips was unrelenting and unbearable.

Have you ever boiled cranberries to make cranberry sauce? The skin on my fingertips looked like a cranberry after it has popped. Tiny paper cuts. No bleeding. As if my lack of energy wasn't enough, when I did have the strength to do anything, my fingertips would make me think twice.



Bill M

I couldn't handle nitrile gloves 24/7 but always wore them at night after having applied Clobetasol® and urea lotion. By early afternoon I would "lather up", put on the gloves and marinate for a few hours.

#### Violet T

A quick comment on the nitrile glove article. Lorna says she wore them day and night. That really does help. At first I wore them from daylight until dark. Then I noticed a strange smell after that many hours of wear. I was told by someone on the the PRP (email) Support Group, that a fungus can grow if you wear them too long. After that, I never wore a pair longer than six to eight hours. I then washed my hands and reapplied lotion and a fresh pair of gloves. Never noticed the smell again. Another point: never wear the gloves over steroid cream or ointment. Steroids have a warning to not use dressings or coverings.

## PRPer Takeaways — Hands & Gloves

- \* For six months the fingerprint scanners used to open an automated medication dispensing system would not read Annette Bailey's fingerprints.
- \* Violet Toler's fingertips were in better shape than her hands so she cut off the tips of her gloves in order to sew.
- \* Sharon Taylor noted that the nitrile gloves: "kept my hands moist so that they didn't crack and bleed. No infections from picking up the wrong thing....etc, etc"
- \* Lorna Roberts wore nitrile gloves day and night for three years with no problems and Violet warns about wearing them too long.
- \* Judy Francisco remarked that vinyl gloves are not flexible.
- \* PRPer Consensus: YES — Nitrile gloves are good.

There is always room for Jello® and another PRPer comment or a takeaway. Tell us your experience with nitrile gloves.

*Disclaimer: When reading the PRP Survival Guide remember: what works for one may not work for all. Always check with your dermatologist before venturing into the area of self-treatment. Each PRPer has his or her own version of our disease.*