

A silicone mould is created from a silicone material which is used to take an impression of an area where scarring cannot be reached by silicone gel / sheets. The material hardens to a rubbery consistency.

This type of silicone can be used to apply pressure to a raised scar to help flatten the area. The silicone in the material softens the scar tissue by helping your skin to retain moisture.

How to use:

- Wash area of skin and make sure area is dry.
- Fit silicone mould to area, put on pressure garment / splint to hold in place.

Precaution:

If redness, blisters or a rash occurs, remove the silicone mould and allow skin to recover until symptoms have disappeared then continue wearing the mould.

If you are struggling with any of the exercises or have any concerns, then please ring **0151 430 1237** or speak to a physiotherapist when you come back to clinic and they can refer you for physiotherapy as required.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Silicone Products Patient Information Leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Silicone Gel or Spray (Dermatix, ScarSil, Kelocote)

Silicone gel/spray is used to treat and reduce problem scarring. It works by helping your skin retain its moisture. This helps to soften the scarring and promote the natural healing process.

How to use:

- Wash area of skin and make sure area is dry.
- Massage an unperfumed moisturiser into the scarred area.
- Gently spread or spray a very thin layer of silicone over the affected area.
- Allow to dry for 4-5 minutes before covering. If it does not dry, too much has been applied. Wipe the excess with a tissue.
- Apply twice a day. Minimum duration of treatment is two months.

Precautions:

Do not apply to unhealed areas.

If redness or a rash occurs discontinue use until symptoms disappear then reapply gel. If symptoms persist stop use and speak to your named Therapist.

Avoid eye area.

If going out in the sun, ensure you apply moisturiser, silicone gel/spray and then sunscreen (in this order).

Silicone gel sheets are self-adhesive dressings for treating scars.

It is made from a light film / non-woven dressing material with a soft silicone layer. It is thin, discreet and comfortable to wear.

Silicone gel sheets soften scar tissue by helping your skin to retain moisture.

How to use:

- Wash area of skin and make sure area is dry.
- If needed, cut appropriate size allowing at least 1 cm border round the scar.
- Apply sticky side to the area of the skin.
- Sheet should last up to 7 days.
- Only remove sheet to wash the area and to complete scar massage (without moisturiser) and to check skin.
- Minimum duration of treatment is two months.

Precautions:

Do not apply to unhealed areas.

If redness or a rash occurs remove dressing and allow skin to recover until symptoms have disappeared, then continue treatment, if symptoms persist remove dressing and seek advice.

Do not apply over the skin treatments or products.

Avoid stretching the sheet when applying over joints.