Advice for using Silicone Gel Sheet

OUTSTANDING CARE
personally DELIVERED

What is a Silicone Gel Sheet

This is a silicone based product in sheet form designed for treating scars.

Why do I need to use a Silicone Gel Sheet

To improve the appearance of scars by flattening, softening and reducing red, raised areas.

When do I wear the Silicone Gel Sheet

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Important things to know

- DO NOT use creams on the treated areas as this interferes with the gel's effectiveness.
- DO NOT apply to broken skin.

Looking after your Silicone Gel Sheet

The gel can be used for more than one application. It only needs replacing when it starts to crumble and is difficult to use.

For every 12 hours you wear the gel, remove it and wash both the gel and your skin, then replace.

- Carefully wash both surfaces of the gel in warm water with a mild soap.
- Rinse the gel thoroughly in clean water.
- Carefully pat dry the surfaces of the gel using a non fluffy towel.

When the gel begins to disintegrate or if any problems occur, please contact the Occupational Therapy Department.

Care of your scar

If the scar shows any signs of deteriorating e.g. splitting, bleeding or increased soreness, stop wearing the gel and wash your skin thoroughly. Then contact your Occupational Therapist.

If you have any other problems/queries please contact:

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Occupational Therapist

on ……………………………answer machine available.

Occupational Therapists

Work with people of all ages, helping them to carry out the activities they need or want to do in order to lead healthy and fulfilling lives.

Occupational Therapy Departments

www.ulh.nhs.uk

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

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