

Hand Therapy

Liquid silicone gel

Purpose

Liquid silicone gel (e.g. Kelo-Cote®, Scar Sil etc) has been provided by your therapist to improve the appearance of your scar. The liquid silicone gel acts by softening, flattening and reducing the redness of active scars.

Regimen: Liquid silicone gel is to be used while the scar is active (usually 2-3 months)

- Make sure the scar and surrounding area is clean and dry.
- Apply a very thin layer of liquid silicone gel to the scarred area and allow it to dry (about 4-5 minutes).
- If the liquid silicone gel has not dried after 5 minutes, you have probably used too much. Gently remove the excess and allow it to dry.
- Once dry, liquid silicone gel can be covered by pressure garments, sun-screen or make-up.
- Apply liquid silicone gel 2-3 times daily or as instructed by your therapist ____ times per day.
- For maximum benefit liquid silicone gel should have 24-hour contact with the scar.
- For example a 6g Kelo-Cote® tube is enough for 90 days treatment of a 5cm long scar.



Precautions

- Monitor the condition of your skin carefully. Stop using the liquid silicone gel if any of the following occur:
 - *Rash / Itching*
 - *Swelling*
 - *Peeling*
 - *Skin becomes white, moist, prune-like similar to being in water for a long time*
- On first use of liquid silicone gel check the scar after 4 hours to ensure no irritation as above
- Do not apply the liquid silicone gel over open wounds and avoid contact with eyes
- Liquid silicone gel may stain clothing if not completely dry

Care Instructions

- Store liquid silicone gel out of direct sunlight, below 25°C and re-seal it after each use.

If any problems arise while using the liquid silicone gel or you have any further questions, contact the therapist listed below.

Please contact your therapist if you have any queries or concerns.

Therapist _____ Phone Number _____

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