

Silicone gel sheeting

Purpose

Silicone gel sheeting is used to improve the appearance of scars by softening, flattening and reducing redness.

Regimen: silicone is to be worn for several months

- Carefully peel off the backing. Apply the sticky side to the scar.
- Hold in place with bandage, glove or tape.
- The minimum recommended wearing time is 12 hours per day for 2 months.
- The silicone can be worn for up to twenty-three (23) hours per day (leaving 1 hour for washing and scar massage etc).
- To allow your skin to adapt, it is important to increase wearing time gradually. Your therapist will advise you.
- Continue to wear the silicone until it begins to lose its stickiness and goes cloudy (at about 4-8 weeks, depending on wearing time).

Precautions

- Monitor the condition of your skin carefully. Stop using the silicone if any of the following occur:
 - Itch / rash
 - Swelling
 - Peeling
 - Maceration (white, moist, prune-like as if in water for a long time)
- Do not use the silicone over open wounds
- Ensure skin is clean, dry and moisturising cream is completely absorbed prior to putting the silicone on.



Care instructions

- Wash the silicone gel with mild soap daily (or as necessary). Rinse in clean water.
- Let it dry naturally or pat it dry with a low lint towel (e.g. linen tea towel). Avoid using paper products like kitchen paper and tissues as fibres can stick to the silicone.
- Wash the silicone more regularly in hot weather and following increased physical activity.
- Store in a plastic container or bag.

Special instructions:

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

Therapist _____ Phone Number _____

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