



Silicone Therapy

Silicone treatment is a widely used therapy acting as an agent to soften flatten and pale active scars. There are many opinions on how it works but none are conclusive at this time. There are many suggestions that it creates a barrier to water loss (this barrier is damaged during the injury to the skin) which prevents the scar from becoming dry and ultimate aids the maturation process.

There are many silicone products on the market in a variety of forms all aiming to achieve the same outcome:

- Cream / gel
- Sheets
- Spray

The application of each of these gels has specific wearing instructions so see the manufacturer's information sheets for details.

Sheet Silicones: The sheet silicones last between 7 days and 6 weeks. You should cut the sheet to the size of your scar, leaving at least a centimetre border around the edge and re-apply the same piece until it is no longer adhesive. You can normally wash the sheet with soapy water and leave it to air dry (so have two pieces in use to allow the silicone to fully dry before repeat application).

When using sheet silicone you need to slowly build up the wearing time (you can wear it full time, just removing to apply any moisturiser or to cleanse the area) so for you first week we recommend a 4 hour build up time:

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
|---------|---------|----------|----------|----------|----------------|
| 4 hours | 8 hours | 12 hours | 16 hours | 20 hours | Up to 24 hours |

Silicone Creams / gels and Sprays: These are normally applied and massaged into the scar twice daily. Apply your moisturiser first, when this is fully absorbed then apply you silicone cream sparingly. If you are applying to an area that is washed regularly e.g. your hand then you may need to repeat more than twice a day. Apply a test patch first and leave 24 hours before you start using to check your skin does not react to the silicone. Make sure you fully cleanse your skin between each application.

Allergies Precautions: It is possible to be allergic to silicone gels/sheets so always test your silicone first. If you are allergic then the area may become red, itchy and may develop a rash. If this happens, then stop using the silicone and allow the skin to settle. Please contact your therapist to discuss. Another cause of a reaction can be that the skin and your gel (if using a sheet) are not thoroughly cleansed between applications.

It is also advised that you **do not** use silicone on open wounds.

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|--------------------------|---|--------------|---|---|---|
| Treatment Regime | Gels: apply twice a day after moisturiser | | Sheets: can be worn full time, removed to moisturise and cleanse the scar | | |
| Products | A variety of products are available – see some examples below | | | | |
| Precautions | Gels: Always test and wait 24 hours before using fully Sheets: Use suggested build up time If your scar becomes more itchy, painful or develops a rash then remove and contact your therapist | | | | |
| Product examples: | Gel | Sheet | Spray | Size | Where to purchase / Prices 2014 |
| Scarsil | √ | | | 15ml or 30ml | www.jobskin.co.uk 0115 9734300 £25 -£35.00 |
| Scarfix | | √ | | 10cm x 20cm 25.5cm x 30.5cm 3.75cm x 22.5cm Breast Circle: 7.5cm diameter Breast Piece: 22.5cm x 14.5cm | www.jobskin.co.uk 0115 9734300 £16.00 - £31.00 |
| Dermatix fabric | | √ | | 4 x 13cm 13 x 13cm 13 x 25cm 20 x 30cm | www.dermatix.co.uk 0800 7834995 £13.09 – £98.94 |
| Mepiform | | √ | | 5 x 7cm 9 x 18cm 4 x 31cm | |
| Silderm | √ | | √ | Gel 6g or 15g Spray 30ml or 60ml | www.silderm.com 01260 271666 £9.99 to £52.00 |