



Silicone Gel use on scars

Silicone gel works on a scar by hydrating the skin, which helps the scar to become paler, softer and flatter. It can also help to relieve redness and itchiness, changes usually begin to occur within three weeks.

Directions for use

- Silicone gel should only be used on healed wounds, never on broken or unhealed skin.
- Talcum powder must not be used with silicone gel.
- The area must be clean and free of any creams. Skin must be washed every day.
- When first using silicone gel you must build up a tolerance by gradually increasing the time worn (see table below).

Day 1	2 hours
Day 2	4 hours
Day 3	8 hours
Day 4	Overnight

- If redness or itching occurs while building up tolerance, remove the gel immediately and leave until the symptoms have disappeared. Then begin again, increasing by one hour per day.
- If an allergic reaction occurs (e.g. redness, itching, swelling around the mouth/throat area), abandon treatment and contact the team.



Gel Management

- The gel sheet should be kept in place by bandaging.
- Use the same piece of silicone gel until it starts to deteriorate, then discard and use a new piece or finger sleeve.
- Do not fold the gel.
- When the gel sheet is not being used, place it back on the plastic film.
- Store at room temperature.
- After use, wash gently in warm soapy water, rinse well and pat dry.
- The gel must be cleaned every day.
- The gel is usually worn every night for several weeks/months depending on your therapist's discretion.

If you have any problems, please do not hesitate to contact your therapist on:

Doncaster Royal Infirmary - 01302 644210

Bassetlaw Hospital - 01909 572302

Montagu Hospital - 01709 649190

Retford Hospital - 01777 863400

Patient Experience Team

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059

Email: dbth.pals.dbh@nhs.net

