

Contact details

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Notes

Silicone gel sheets

Information Leaflet



A silicone gel sheet is a soft, sticky dressing that is applied over scars. It contains silicone, which is in direct contact with the scar while worn. Although it is not clear how silicone works, some research has shown that it helps scars become more smooth and soft, and can help relieve redness and itchiness.

Do:

- Get a supply of silicone gel sheets from your own GP— your therapist should give you a letter to request this
- After massaging your skin with cream, use a tissue to wipe any excess cream away—remove the protective backing on the gel and place it with the sticky side on your skin
- Build up your skin tolerance—wear the gel for 4 hours daily for two days, increase wearing time to 8 hours daily for two days, increase until you are wearing the gel sheet for 23 hours daily (the more you wear the gel, the more effective it may be)
- Wash the gel daily using lukewarm soapy water, rinse well and dry by patting it with a non-fluffy towel
- Wear the same piece of silicone until it starts to deteriorate, then replace with a new piece
- Keep gel sheets in a clean plastic tub when not using it—store gel sheets in a cool, dry place Cica-care (a clear, thick gel sheet with wavy patterns), will last for 2–4 weeks. Mepiform (a thin beige coloured dressing), will last for a week. Dermatix sheets (thin clear sheet) will last 5 weeks.

Don't:

- Throw the gel sheet away if you have any problems—if you have any allergic reaction (redness, blistering, rash), remove the gel, wash and dry your skin, leave the gel off for a few days, then start wearing it again, building up skin tolerance slowly
- Wear the gel sheet on open wounds—if you do get a wound on your scar, remove the gel and keep it safe until the wound is healed and you can start wearing the gel again
- Forget to wash the gel sheet, as dirt or bacteria may irritate the scar