

- Do not use silicone gel for the purpose of massaging the scar.

How long should I continue to use silicone gel on my scar?

3 months is the recommended initial treatment period. However, you may be advised to continue to use it for longer than this by your therapist depending on the appearance and status of the scar. The use of silicone will need to be reviewed regularly to check the effectiveness of the treatment.

How long will the silicone gel last for?

Topical silicone gel is waterproof but will wear off over time; therefore it will need to be reapplied several times daily.

When used sparingly a 30 ml tube should last for about 2 - 3 months of treatment for an 8 – 10 cm long scar.

Silicone conformers

A silicone conformer is a putty-like silicone that is individually moulded to your scar. It is used with splints and/or pressure garments to help in scar healing. It is ideal for curved areas such as hands, faces, fingers and web spaces. Your therapist will mould the conformer and explain how it will be attached to your scar.

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information

Welcome to The Salisbury Laser Clinic

Topical silicone gel

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This leaflet provides you with information about topical silicone gel and offers advice on how to use it. If you need any further information, please do not hesitate to contact your therapist or clinical scientist.

What is topical silicone gel?

It is an odourless, clear, non-sticky and self-drying gel, which contains medical grade silicone. It is applied over scars as an invisible, safe and effective treatment. It can be used for new and old scars, in all age groups.

What is it used for?

Silicone gel has been shown to improve the colour, texture and thickness of scar tissue. It can also help to reduce any itching, discomfort or irritation.

Silicone products may improve the look and feel of your scar but they will not make the scar disappear altogether.

How does it work?

Research has shown that it keeps the scar moist, which causes the scar soften and become suppler. Silicone itself is not an active agent but is very effective at providing a seal to trap moisture. It works in addition to your scar moisturising and massage, which you must continue to do as advised by your therapist. You may

not notice any improvement straight away but, if you use it regularly, you should see improvement after several weeks.

Where can I get silicone gel?

There are many different brands of silicone gel available. Your therapist will assess your scar and demonstrate how to apply it by providing you with a sample. We will write a letter to your GP to provide your repeat prescriptions. It is also possible for you to purchase silicone gel yourself by ordering it online.

How should I apply my topical silicone gel?

Silicone gel should not be used on unhealed or broken skin. It should only be applied sparingly to completely healed and moisturised wounds. Only a thin layer of gel is required for effective treatment. The following should be repeated 1 – 3 times daily:

- Wash the affected area with a mild soap solution and rinse thoroughly.
- Make sure your skin is clean and dry.
- Apply moisturiser and allow this to dry for approximately 10 minutes.
- Squeeze a small amount of silicone gel onto your finger and apply sparingly to leave a thin, transparent film on the skin. Wipe off any

excess gel with a clean tissue.

- Leave the gel to dry. If it takes longer than 5 - 10 minutes to dry then you have put on too much.
- Once dry, you can apply cosmetics or sunblock on top of the gel. You can also wear any splints or pressure garments over your silicone.

Can I be allergic to silicone?

Discuss any dermatological conditions you may have (such as eczema, psoriasis) with your therapist. Some people find that they have a reaction to the gel. If when using the silicone gel, your scar becomes red or itchy, with scaling skin or a rash, or experience wound breakdown, remove the gel with soap and water. Do not use it again until the symptoms have gone. If symptoms persist or the scar breaks down, or if you have any pain or spots that weep fluid, then contact your therapist or GP as soon as possible.

Helpful tips

- Avoid contact with eyes, ears and nostrils.
- Protect your clothing. If your scar is going to be covered by clothes, place a piece of gauze or other material over the silicone gel. This will protect the clothes from staining.