

Silicone Gels

(Kelo-cote[®], Scar Sil[®])

This leaflet has been produced to give you information about Silicone Gels. We hope it will help you and your recovery. It is not a complete guide, so if you have any questions or you require further explanations please do not hesitate to ask a member of staff who is caring for you.

What is Silicone Gel?

Silicone gel is a transparent rub-in-gel containing silicone used in the management of scars.

Why do I need to use Silicone Gel?

Silicone gels improve the appearance of scars by softening, flattening and reducing discolouration. Silicone gel may also help in reducing the itchiness often associated with scars.

How do I use it?

- Gently clean the affected area and pat dry.
- Apply a small amount of gel to the scar.
- Gently smooth gel onto the scar.
- Allow the gel to dry for 5 minutes. If the area is still tacky remove the excess gel.
- Apply the gel twice daily.

Are there any risks to using Silicone Gel?

- Not for use on open wounds, infected areas or unhealed tissues.
- Excessive amounts may stain clothing.
- Avoid contact with eyes.
- Not for use over antibiotic skin preparations.
- Allergic reaction for example a rash or swelling can occur but this is rare. Stop using the gel if this happens and contact your therapist.

Are there any alternatives?

Silicone gel is one of the non-invasive scar treatments available. Other treatments include pressure therapy and silicone gel sheets. Your therapist will have assessed your scar and decided on the most appropriate treatment at present. The type of scar, position of scar and your lifestyle will also have been considered.

How long do I use it?

A minimum of 2 months is recommended to see any improvement. Your therapist or consultant will advise when the silicone gel treatment is to be discontinued.

Who do I get it from?

An initial supply may be provided by the therapist. Further prescriptions will be requested from your GP.

What should I do if I have a problem?

If you have any worries or questions about your treatment please contact your therapist.

Your occupational therapist is:

Your review appointment is:

Telephone: Burns 01924 541707
Hand Therapy 01924 541900
Monday to Friday 8am - 4.00pm

We are committed to providing high quality care. If you have a suggestion, comment, complaint or appreciation about the care you have received, or if you need this leaflet in another format please contact the Patient Advice and Liaison Service on: **01924 542972** or email: **myh-tr.palsmidyorks@nhs.net**

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