

Hands and Plastics Department
Silicone Gel Sheet

Advice Sheet for Patients and
Carers



How does the gel work?

Exactly how the gel works is not fully understood. However, most of the research suggests that it works by bringing moisture to (hydrating) the scar.

There is a range of research that shows that gels improve scars by:

- Reducing the redness of scars.
- Reducing the hardness and height of the scar.

When should the Gel be worn?

Silicone gel should only be applied to skin that is completely healed, for example no open wounds.

The gel should be applied with the sticky surface of the gel in contact with the scar. Once the stickiness of the gel has worn off, the gel can be held in place either by; tape, bandage, a splint or as directed by your Therapist.

It is important to build up the tolerance of wearing the silicone gel:

- Two hours for the first day
- Four hours for the second day
- Eight hours for the third day (overnight)
- The gel should be worn for a maximum of 16-18 hours a day.

The same piece of gel can be reused and one piece should last approximately 5-10 days. When the gel starts to break down or fall apart then throw away and use a new piece.

Could there be any side effects and what should I do?

Side effects are uncommon, but if you notice:

- A rash
- Itching
- Redness
- Skin under the gel becoming white and moist

STOP using the gel and contact your Therapist.

How should I care for the Gel?

It is important that both the gel and scar and skin are washed thoroughly and regularly - at least twice a day, for hygiene purposes.

To clean the gel:

- Wash carefully using luke warm water and mild soap
- Pat dry with a soft clean cloth
- When not in use, store flat at room temperature in a protective cover i.e. cling film

You will be issued a small amount of the silicone gel sheet for assessment purposes.

If you have no issues with it, you will be provided with a prescription letter to give to your GP.

Your Therapist is:

.....

Contact Telephone Number: (0113) 39.....



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



© The Leeds Teaching Hospitals NHS Trust • 3rd edition Ver 1
Developed by: Jenny Maryan Occupational Therapist
Produced by: Medical Illustration Services • MID code: 20240306_011/RC

LN004512
Publication date
03/2024
Review date
03/2027