

# Hands and Plastics Department

# Silicone Gel Liquid

## 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 the scar.

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

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

### When should the Silicone Gel be used?

- Silicone gel should only be applied to skin that is completely healed, for example no open wounds and should not be applied too close to the eyes.
- Silicone gel should not be applied over antibiotic skin preparations or other skin treatments and/or products.



- It should be applied twice a day.
- Clean the area to be treated with mild soap and water and pat dry.
- Gently spread a very thin coat of gel over the scar.
- Allow to dry for 4-5 minutes before covering with clothing or make-up.
- If the gel has not dried within 4-5 minutes, you have used too much; remove the excess and allow the drying process to continue

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

*Side-effects are uncommon, but if you notice:*

- Redness.
- Pain or irritation to the skin.

## **STOP using the gel and contact your Therapist.**

You will be issued a small amount of the silicone gel 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:**

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

## What did you think of your care?

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*Your views matter*

