



Silicone gel

Information for patients from the Orthopaedic Hand Service

You have been given this leaflet by your therapist to try and improve the healing of your scar using silicone gel.

Why is silicone gel used?

Silicone gel is used for the treatment of scars. The gel improves the colour, texture, and cosmetic appearance of your scar(s). It also reduces the height of the lesion, any itching or tingling, and the painful burning feeling you may have.

How does the gel work?

The gel works by preventing water loss from your scar, which hydrates the area and softens the scar. This makes it more mobile, like normal skin.

How do I use my silicone gel pad?

- Only use the gel pad on your skin once your skin has completely healed.
- Wash your skin before and after you use the gel.
- The gel should overlap the scarred area by approximately 1cm, all around your scar.
- It should be applied directly to your scar.
- Use the pad for the first two days, for four hours. If there is no reaction, increase by two hours each day.
- The gel can be worn for up to 24 hours; once the area has shown no reaction to it.
- The pad can be kept in place using surgical tape, a crepe bandage, a splint, or as shown by your therapist.

How do I look after my gel pad?

- Wash the pad before you use it on your skin.
- Wash your skin before and after using the pad.
- Store the gel in tin foil or a Tupperware pot in your fridge.

What if I develop a rash?

Some people develop a reaction to the silicone gel, usually with a heat / sweat rash. If this happens to you, stop the treatment until the rash disappears. Once the rash disappears you can start using the gel again, only applying the gel for one hour to start with. Increase your usage of the gel slowly.

What if I have any questions or concerns?

If you have any questions or concerns regarding your treatment, please call the **Orthopaedic Hand Service** on **01227 783065**.

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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