

Information for patients and carers

Otoform

Scar Management Therapy Service



Statement

The instructions and advice given by your therapist and in this booklet aim to give you a good outcome, but this cannot be guaranteed. You need to follow instructions carefully, but there will always be a risk of complications which may affect the outcome. Your therapist will explain the risks, benefits and any (or no) alternatives before they ask for your consent. If you are unsure about any proposed treatment, please do not hesitate to ask for more information.

Scar healing

Any wound or surgery will cause a scar. A scar is part of your body's normal healing process. Sometimes this healing process causes excessive scar tissue to build up and form red and raised areas. This is called hypertrophic, or keloid, scarring. The scar may also feel stuck down which stops your skin from moving freely. Scar healing can take up to 18 months and may be affected by:

- How much time has passed since your injury
- Infection
- Skin type e.g. pale or dark skin
- Size and/or depth of your wound
- General health

How does Otoform work?

Otoform is a putty like mouldable silicone which is non greasy. It is recommended for deep sunken scars and for curved areas like hands and feet. The putty is moulded onto your scar and then sets to provide firm pressure which helps to:

- Flatten and soften raised scar tissue
- Reduce itching and redness
- Increase skin flexibility and movement.

How to use Otoform?

Your therapist will discuss the options available and will recommend Otoform putty if appropriate for you. Your therapist will mould the putty for you during your appointment. You may be provided with a garment, tape or type of bandage to hold the putty in place.

- Before applying Otoform wash and dry your scar
- Apply the Otoform mould over your scar
- Secure the mould in place with either tape, splint, bandage or pressure garment as advised by your therapist
- When you remove the mould, you should wash and dry your scar and wash the mould with lukewarm water and a mild soap, then allow to air dry

IT IS IMPORTANT TO BUILD UP THE TOLERANCE OF WEARING SILICONE PRODUCTS

On day 1 keep the putty in place for up to 2 hours. Remove and check for any signs of irritation (itching, increased redness, broken skin, a rash or excessive sweating). If no irritation occurs, then:

Day 2 – keep on for 4 hours continuously

Day 3 – keep on for 8 hours (e.g. overnight)

Day 4 onwards - continue to increase gradually until at least 12 hours a day is reached

If there are no problems (see precautions) you can wear the Otoform mould for 24 hours a day. However, it should be taken off twice daily to check and clean the skin underneath and to clean the mould. You may also be instructed to remove the Otoform mould to moisturise and massage your scar. Please make sure the skin is clean and dry before you re-apply the Otoform mould. Wash off any excess moisturiser as this will stop the silicone from working properly.

How long will I need to use the Otoform?

You may need to use the Otoform for up to 18 months, but this varies according to the extent of scar tissue and other factors which your therapist will explain to you. You will be reviewed on a regular basis by your therapist so that your scarring can be assessed and any changes to your treatment can be made.

Caring for the Otoform

When you are not using your Otoform mould you should store it in a sealed plastic bag or airtight container. Each piece of Otoform will last up to approximately 4 weeks.

Precautions

Stop using the Otoform mould and contact your therapist as soon as possible if you experience:

- Increased swelling around the area being treated
- Obvious changes in skin colour
- Sore, broken or infected skin
- Wet or soggy skin that looks whitened and wrinkly
- New pins and needles type sensation or numbness to area being treated
- Damage to the Otoform
- Loss of movement caused by the scar tightening across a joint

Please let us know if you suffer from the following conditions:

- Diabetes
- Peripheral vascular disease
- Heart disease
- Renal (kidney) problems
- Raynaud's disease
- Dermatological skin conditions

- Other

Contact details

Should you require further advice or information please contact:

Burns and plastics therapy team: **01772 522379**

Physiotherapy main department: **01772 522876**

Additional contact details

Ward 4 at Royal Preston Hospital: **01772 522244**

Dressings/burns management clinic: **01772 523542**

Burns clerk for follow-up burns management clinic: **01772 528188**

Royal Preston Hospital switchboard: **01772 716565**

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the

buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolve@LTHTR.nhs.uk

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