

Information for patients and carers

Topical Bapscarcare Gel

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 silicone gel work?

Exactly how silicone gel works is not fully understood. However, most of the research suggests that it works by maintaining moisture (hydration) and preventing the scar from drying out. Topical (liquid) gel can also be effective at preventing hypertrophic and keloid scarring. It can:

- Soften and flatten raised scarring
- Reduce itching and redness
- Improve skin flexibility and movement

Topical silicone gel is an odourless, clear, non-sticky and self-drying gel which contains silicone.

When and how should topical gel be used?

Your doctor or therapist will discuss the options available and will recommend the use of silicone if appropriate for you. Topical silicone gel should only be applied to skin that is completely healed (no open wounds).

- Wash your hands before and after use
- Ensure your scar and the surrounding skin is clean and dry
- Squeeze a small amount of gel onto your finger and apply sparingly over your scar – only a very thin layer is needed to be effective
- Leave the gel to dry. If it takes longer than 5 minutes, then you have put too much on
- Once dry you can apply sun cream and cosmetics on top of the gel
- Splints or pressure garments can also be worn over the gel
- Topical silicone gel is waterproof but does wear off and it should be reapplied several times a day
- You may also be instructed by your therapist to moisturise and massage the scar. If you have moisturised your scar, wash off any excess cream and ensure your skin is completely dry before applying the topical silicone gel.

How long will I need to use silicone gel?

Best results are usually seen after 2-4 months; however, you may need to use the silicone for up to 18 months. This is the amount of time scars normally take to fully mature. But this varies by individual, and you will be reviewed on a regular basis by your therapist so that changes to your treatment can be made if necessary.

Precautions

Side effects are uncommon. Stop using the silicone gel and contact your therapist if you experience:

- Sore, itchy or irritated skin
- Increased redness or a rash
- Broken or infected skin

Avoid contact with eyes, ears and nostrils.

Do not use any other skin treatments or products except for sun cream and cosmetics (over the gel).

PLEASE ALSO READ THE MANUFACTURER INFORMATION LEAFLET

Please let us know if you suffer from any of 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:

patientexperienceandinvolem@LTHTR.nhs.uk

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