

Newtown Hand Therapy
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NEWTOWN HAND THERAPY

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Silicone Gel Information

WHERE TO USE:

- Any scar- raised or indented
- Healed burns
- Skin contractures, or after skin grafts
- Better effect when scars 'pink' rather than pale

HOW TO USE:

1. Wash area to clean and remove any cream / lotion
2. Remove from the plastic cover and place gel sheet directly on scar tissue
3. Each skin has individual reactions to silicon gel, generally in this climate it can be worn 8 -12 hours each day
4. Wash 1 - 2 per week with soap and water, pat dry with paper towel
5. Each sheet should last approximately 3 -4 weeks
6. Normally silicon gel is worn at night while sleeping
7. Silicon can be used under pressure garments, bandages, hypafix or any method of adhesion
8. Silicon may be used until scar maturity (ie scars are soft, liable and light in colour)

PRECAUTIONS:

- Do not use on open wounds, fragile skin
- Recent skin grafts
- A few patients have allergic reactions or heat rash type reactions to the gel - this is usually solved by taking it off for a few days and starting again for less time with each application
- On initial use "test" for reaction by wearing for a few hours before bed but NOT wearing overnight.

Please phone on 9519-4913 if you have further questions or concerns