



Burns and Plastic Surgery Occupational Therapy

**EB
838**

Instructions for using Silicone Sheeting

Your Product is _____

Directions for use

As instructed by your key worker – initially for 2-3 hours per day, then over a period of 1-2 weeks gradually increase by 1 or 2 hours daily, allowing for washing periods.

- Open the peel pack and remove the sheet
- Cut (if necessary) to appropriate size overlapping the scar by a minimum of one centimetre.
- When applying the sheet, make sure the area is clean and dry and free from cream (remove any excess cream using a soft tissue).
- Remove the protective film and apply the silicone sheeting over the scar. Avoid stretching when applying over a joint.
- Remove the sheet three times a day for inspection, washing of the skin and scar massage unless otherwise instructed by your key worker. The silicone sheet can then be re-applied once the area is clean and dry and free from cream.

Care of sheeting

- When not in use, the silicone sheeting should be returned to its plastic backing.
- The sheet should be stored in a cool place away from direct heat and sunlight.
- Wash gel daily in lukewarm water and mild soap. Air dry and re-apply.
- When adherent properties of the sheet are no longer sufficient discard and replace with new piece. Each piece should last a minimum of 2 weeks (1 week with Mepiform sheet) and up to a maximum of 4 weeks.

If you require any further guidance or have any questions about the silicone sheeting or if the scar area shows any evidence of skin irritation, rash, open or weeping areas, remove gel and contact your key worker.

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(Answer machine available)