



Silicone Sheeting

Silicone Therapy for your child should begin on _____ for 6 weeks until _____.

Silicone is a gel pad, which is flexible and transparent. It is comfortable to wear and easy to apply, even on awkward areas. Silicone is designed to work by flattening, softening and fading red raised scars. It helps to reduce the size and improve the color of a scar and can improve elasticity of the tissue. It is not to be used on open wounds.

Application

1. Make sure the scar area is washed with a mild soapy water and pat dry before applying.
2. Cut an appropriate piece of silicone that is slightly larger than the size of the scar.
3. The silicone is packaged between two plastic films. The sticky side is the side you will place on the scar.
4. After placing the silicone on the scar, firmly tape it in place.

Changing and removal

1. Silicone sheeting should be worn 23 hours a day for best results. Remove at bath time, and wash the scar area with mild soapy water. Pat dry and reapply the same piece of silicone.
2. The same piece of silicone should last 1 week.
3. Silicone is waterproof, but needs to be taped to secure it in place. Therefore, it cannot be worn during bathing or swimming.
4. Sunscreen is to be placed (SPF 30) when outside, if silicone is not in use, to prevent discoloration of the scar.

Precautions

Should redness or rash occur, remove the silicone and allow the skin to recover until symptoms disappear, then resume silicone therapy. If symptoms persist, then discontinue use and call the Craniofacial Team of Texas office at (512) 377-1142.