

# Silicone Gel Sheets



- Silicone gel sheets are placed on a scar to help soften and flatten the scar
- Silicone gel sheets are only put on a scar when it is fully healed and when approved by your child's surgical team
- Silicone gel sheets may be used for 8 to 12 weeks



- Watch your child's skin for any possible reactions such as a rash or a change in the color of the skin. If you notice any irritation, remove the gel immediately and contact your child's doctor.

## Instructions for use:

- Wash your hands for 20 seconds and dry them with a paper towel.
- Wash the scar with soap and water, or as you were instructed. Dry the area well.
- The gel sheet is covered on both sides by a plastic film. Remove both sides of plastic before placing it on the scar.
- The gel sheet may be cut into smaller pieces.
- Once you have the right size of gel, apply the tacky (sticky) side to the scar.
- Gel sheeting should fully cover the scar and extend ¼-inch all the way around the edge of the scar (your medical team will show you how this is done).
- The exposed (outside) surface of the gel sheeting may be covered with tape to hold it in place, if needed.



## Cleaning instructions:

- Remove the gel sheet every 12 hours to wash both the scar and the gel sheet in a basin of warm water
- Rinse the gel sheet and then air dry
- After washing, rinsing, and drying the scar site re-apply the piece of gel sheeting to the scar.



## Wearing Time:

- ☐ Wear 6 hours
- ☐ Wear 12 hours
- ☐ Wear 20hour
- The silicone gel sheet will last for 1-2 weeks
- When the sheet begins to lose its stickiness or become soiled throw away the old gel piece and apply a new gel



If you have any questions or concerns, please contact:\_\_\_\_\_.

**Division of Pediatric Rehabilitation Medicine**

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