



## GOULD-JACOBSON DERMATOLOGY

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### SILICON GEL SHEET

**Background:** Unfortunately, there are not good scientific trials evaluating the numerous scar therapies currently on the market. Thus none of these treatments are 'proven' to work. However, out of all the therapies, the one that we feel has the best research data behind it is the silicone gel sheet or patch. It may help to soften and flatten scars.

#### How to use:

1. Cut the gel patch to fit the size of the scar. Save the remaining sheet.
2. Apply over scar. The patch may stick to the scar on its own but usually it will need to be reinforced with tape. 3m paper tape will work.
3. Wear for as long as you like, day or night. Most studies recommend 12-24 hours per day for 3 months.
4. The patch can be washed with mild soap and water and reused until it begins to disintegrate. Most gel patches last 14-21 days. At the time, discard the patch and cut a new piece from the silicone sheet

**Side Effects:** Itching, rash, odor and break-down of the skin under the patch can occur. If this happens, stop using the patch. Do Not apply to open wounds.

#### Brands to try:

1. **Cica-Care Silicone Gel Sheeting:** For more information see [www.cicacare.com](http://www.cicacare.com). To purchase call 1-800-861-3211 or visit any one of several websites: [AllegroMedical.com](http://AllegroMedical.com), [VitalityMedical.com](http://VitalityMedical.com), [Amazon.com](http://Amazon.com)
2. **Novagel Silicone Gel Sheets:** To purchase visit any of several websites: [Amazon.com](http://Amazon.com), [AliMed.com](http://AliMed.com), [AllegroMedical.com](http://AllegroMedical.com)
3. **Curad**