

Treating your scar with Advasil Conform® silicone gel sheet

Occupational Therapy

Information for Patients

Produced: July 2021

Review: July 2024

Leaflet number: 1209 Version: 1

Why do I need treatment with silicone gel?

Silicone gel is used for the treatment of problem scarring resulting from injury, burns and surgery. Silicone gels improve the appearance, soften, flatten and smooth raised scars. It can also help to reduce pain and itchiness.

Advasil Conform® comes as silicone gel sheets which can be cut to size and applied to your scar. This is normally recommended for problem scarring which is healed.

How do I apply the Advasil silicone gel sheet?

1. Wash and dry your scar to remove any cream or perfume.
2. Cut piece of gel sheet to size of scar with 1cm overlap and apply over the scar.
3. Hold in place with tape, splint, bandage or pressure garment.
4. When you take the gel sheet off you should wash your scar and wash the gel sheet with a mild soapy solution, then dry the gel sheet with a clean tissue. Keep your gel sheet in a plastic bag when not in use.

How long should I wear it for?

Advasil can be worn for 24 hours a day but needs to be removed every 12 hours to check the skin for redness or soreness and to wash and dry it before replacing the sheet. Advasil should not be used on open wounds. Your therapist will advise you how many hours per day to wear your gel sheet for.

It is rare, but people are occasionally allergic to silicone gels. To reduce the possibility of your skin reacting to the gel, you should talk to your therapist at the start on how to build up

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

wear of the gel. Start by wearing the gel sheet for 1 hour and check your skin regularly, your therapist will discuss how to build up the wear of your gel sheet.

How often should I change it?

A piece of Advasil will last for a minimum of 4 weeks, often longer. Your therapist will tell you when it needs to be replaced.

Your therapist will tell you when to stop using the gel.

Can I shower or bathe with it on?

Advasil should be taken off when you shower, bathe or go swimming.

What happens if my skin becomes sore or itchy?

If your skin goes red, sore, bleeds or a rash or itching occurs, stop using the gel straight away. Allow your skin to recover fully. Start using the gel again but reduce the amount of time you wear it and build up very gradually.

If the symptoms come back, you should stop using the gel again and contact your occupational therapist.

Contact details

Name of Occupational Therapist: _____

Telephone number: _____

This leaflet is intended to supplement Occupational Therapy treatment with an individual and is not intended for use without therapy guidance.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk