

Treating your scar with Otoform® silicone elastomer

Occupational Therapy

Information for Patients

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Why do I need treatment with silicone elastomer?

Your therapist recommends that you use silicone elastomer on your scar. It is used for the treatment of problem scarring resulting from injury, burns or surgery. Silicone can improve the appearance, soften, flatten and smooth raised scars. It can also help to reduce pain and itchiness.

Otoform® is a putty-like impression silicone (silicone elastomer) which can be moulded and applied to your scar. It is normally recommended for deep concaved scars that need an impression, or for curved areas such as the hands. All Otoform moulds are individually made by your therapist, specifically moulded to fit your scar.

How do I apply my Otoform silicone elastomer?

1. Wash and dry your scar to remove any cream or perfume.
2. Apply the Otoform mould over the scar.
3. Secure in place with tape, splint, bandage or pressure garment.
4. When you take the Otoform mould off, you should wash your scar and wash the Otoform mould with a mild soapy solution. Dry the Otoform mould with a tissue.
5. Keep your Otoform mould in a plastic bag/ air tight container when not in use.

When should I wear it and how long for?

Silicone elastomer can be worn once your wound is healed and dry. It should not be used on open wounds. It 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.

**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

It is rare, but some people can be allergic to silicone elastomer. To reduce the possibility of your skin reacting to the elastomer, your therapist will advise you on how many hours per day to wear your Otoform mould when you first start using it, and how to build up the wear of it.

How long will it last?

All Otoform moulds are individually made by your therapist, specifically moulded to fit your scar. Each piece of Otoform is reusable for up to 2 to 3 weeks. Your therapist will advise you when it needs to be replaced and when you need to stop using it.

Can I shower or bathe with it on?

Your Otoform mould should be removed when you shower, bathe or go swimming.

What happens if my skin becomes sore or itchy?

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

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

Contact details

Name of Occupational Therapist: _____

Telephone number: _____

This leaflet is intended to supplement occupational therapy treatment with patients. It is not intended for use without guidance from this team.

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।

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