

# Treating your scar with Advasil Conform® silicone gel sheet

## Hands Burns and Plastics Therapy

Information for Patients

Last reviewed: April 2025

Next review: April 2028

Leaflet number: 1209 Version: 2

### Why do I need treatment with silicone gel?

We use silicone gel for the treatment of problem scarring caused by 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. You can cut this to size and apply it 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. Apply over the scar.
3. Hold in place with tape, splint, bandage or pressure garment if needed.
4. When you take the gel sheet off you should wash your scar and wash the gel sheet with a mild soapy solution. Let it air dry. Keep your gel sheet on the clear backing sheet, or in a plastic bag when not in use.

### How long should I wear it for?

You can wear Advasil for 24 hours a day. But you will need to remove it every 12 hours. This is to check the skin for redness or soreness and to wash and dry it before replacing the sheet. You should not use Advasil on open wounds. Your therapist will tell you how many hours a day to wear your gel sheet for.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://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](mailto:InformationForPatients@uhl-tr.nhs.uk)

It is rare, but people sometimes can be allergic to silicone gels. To stop this from happening, you should talk to your therapist at the start on how to build up wear of the gel. Start by wearing the gel sheet for 1 hour and check your skin often. Your therapist will talk to you about how to build up the wear of your gel sheet.

## How often should I change it?

A piece of Advasil will last for at least 4 weeks. This can often be 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?

You must take off Advasil when you shower, bathe or go swimming.

## What happens if my skin becomes sore or itchy?

Stop using the gel straight away if your skin goes red, sore, bleeds or has a rash or it itches. Let your skin to recover fully. Start using the gel again but reduce the amount of time you wear it. Slowly build up how long you can wear it for.

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

## Contact details

Name of therapist: \_\_\_\_\_

Phone number: \_\_\_\_\_

**This leaflet is intended to supplement 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](mailto:equality@uhl-tr.nhs.uk)**