

# Treating your scar with topical Kelo-Cote® silicone gel

Hands Burns and Plastics Therapy

Last reviewed: January 2026

Next review: January 2029

Information for Patients

Leaflet number: 1230 Version: 2

## Why do I need treatment with silicone gel?

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

Kelo-Cote® gel comes in a tube which you can apply to your scar. It can be applied anywhere on your face or body. It stops moisture from escaping and making your scar dry.

## How do I apply Kelo-Cote® silicone gel?

1. Wash and dry your scar to remove any cream or perfume.
2. Apply a thin layer to the scar 2 times a day.
3. Wait for the gel to dry to form a flexible film over the scar. If your scar is still sticky after a few minutes of application, you may have applied too much.

For face scars, Kelo-Cote® gel can also be worn under make-up. You can apply make-up over the top of the gel once it has dried, if you wish.

## When should I use it?

Once your wound is healed and dry, Kelo-Cote® should be applied 2 times a day. It can be worn all the time. It should not be used on open wounds. It can be worn near the eyes and mouth if needed. Please be careful not to get the product in your eyes or mouth.

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

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

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)



## Can I shower or bathe with it on?

Kelo-Cote® will wash off when you shower, bathe or go swimming with it on.

You will need to re-apply it if it has washed off.

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

Stop using the gel straight away if your skin becomes:

- red,
- sore,
- bleeds
- rash or itching

Let your skin recover fully. Start using it again, but reduce the amount of time you wear it at first. Build this time up very slowly.

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

## Contact details

Name of Therapist: \_\_\_\_\_

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

This leaflet is intended to supplement Hands Burns and Plastics 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 بلغةٍ 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 [uhl-tr.equalitymailbox@nhs.net](mailto:uhl-tr.equalitymailbox@nhs.net)