

# Treating your scar with Mepiform® silicone gel sheet

Hands Burns and Plastics Therapy

Last reviewed: February 2025

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Information for Patients

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## Why do I need treatment with silicone gel?

We use silicone gel for scarring caused by injury, burn and surgery. Silicone gels improve the look of the scar. It also softens and flatten the raised scar. It can also reduce pain and itchiness.

Mepiform® comes as a silicone gel sheet. You can cut this sheet to the size of your scar and use it.

## How do I apply Mepiform® silicone gel sheet?

1. Wash and dry your scar to remove any cream or perfume.
2. Cut the piece of gel 1cm bigger than your scar. This is so it covers your scar and the skin around it.
3. You can hold it in place with tape, splint, bandage or pressure garment.
4. When you are not using the gel sheet keep it in a plastic bag.

## How long should I wear it for?

- You can wear Mepiform for 24 hours a day. But it needs to be removed every 12 hours to check the skin and to wash and dry it before re-applying the sheet. When checking the skin look for redness and soreness.
- You should not use Mepiform on open wounds. Your therapist will tell you how many hours a day to wear your gel sheet.

**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  
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- It is rare, but some people can be allergic to silicone gels. Your therapist will talk about how to slowly wear the gel sheet for longer. You should start by wearing the gel sheet for 1 hour and check your skin regularly.

## How often should I change it?

A piece of Mepiform should last between 5 and 7 days. It can be worn longer if it is still sticking to the skin. Your therapist will tell you when to stop using the gel sheet.

## Can I shower or bathe with it on?

Mepiform is waterproof so you can shower, bathe or go swimming with it on.

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

If your skin goes red, sore, bleeds or a rash or itching happens, **stop using the gel straight away**. Let your skin recover fully. Start using the gel again but reduce the amount of time you wear it. Then slowly build up wearing it for longer again. If the symptoms come back, you should stop using the gel again and call your therapist.

## Contact details:

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

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

**This leaflet is to help with therapy treatment with patients. It is not 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

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