

# Treating your scar with Mepiform® silicone gel sheet

## Occupational Therapy

### Information for Patients

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## 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.

Mepiform® comes as a silicone gel sheet 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 Mepiform® 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?

Mepiform 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.

Mepiform should not be used on open wounds. Your therapist will advise you how many hours per 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 some people can be 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 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 the gel sheet with you.

## How often should I change it?

A piece of Mepiform should last between 5 and 7 days, but can be worn longer if it is still sticking to the skin. Your therapist will advise 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 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 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

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

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