

# Help Decrease Your Child's Scarring with Silicone



## Silicone scar sheets are a topical covering for scar management.

It is used to help reduce or to prevent the formation of thick and raised scar tissue. It is only used on well healed skin. This product can be purchased over the counter.

### To apply the silicone sheet:

1. Remove the plastic film before applying (if applicable).
2. Apply to clean and dry skin only, sticky side to the skin. The skin should be as dry as possible before application.
3. If it is used in combination with lotion, the lotion must be completely removed or absorbed in the skin before applying.
4. Avoid stretching the silicone sheet when applying over joints.
5. Some silicone sheets are self-adherent and some require tape to hold it in place.
6. The sheet can be worn underneath clothing and compression garments.

### Usage recommendations:

**Always follow instructions on the package.** Remove the dressing once per day to inspect and wash the skin. When the skin is completely dry, the same piece can be reapplied. A new piece will need to be replaced every 3 to 7 days or when it will no longer stick well to the skin. Most silicone dressings are waterproof and can be worn while bathing and showering.

### What should I watch for?

If your child's skin appears whitened and damp or irritated remove the dressing. Once the skin is better you can begin using the dressing again. Gradually increase the wear time again.

If your child **continues** to have any of the following symptoms **stop** using silicone scar sheets and contact your child's doctor:

#### The skin continues to be:

- Whitened and damp
- Irritated
- Reddened
- Itchy
- Open areas develop

**Please contact the PAWS Clinic if you have any questions. 314-454-7297**

This handout is for your general information only. The lists above are guidelines and do not include all symptoms. This document is not a substitute for your child being seen by a doctor. Always call your child's doctor if you have any questions or problems. If your child's condition gets worse, call your child's doctor or go to the emergency department.

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