

Scar Management – Cica-Care™ Silicone

What is Cica-Care™?

Cica-Care™ is a silicone gel sheeting product. It helps scars to soften, flatten, reduce in colour and mature. It is not yet known exactly how silicone works but research has proven it is very effective.

When do I wear Cica-Care™?

- Do not use on open wounds.
- Be sure your skin is clean and dry – avoid creams and ointments to this area.
- Remove the plastic backing sheet and place the sticky side of the Cica-Care™ on top of your scar. Check that there are no air bubbles between your skin and the Cica-Care™.
- Start by wearing Cica-Care™ for;
 - 4 hours per day for the first two days,
 - 8 hours per day for the next two days, and
 - increase wearing time by two hours per day until the ideal wearing time is achieved.
- The manufacturer recommends wearing Cica-Care™ for a minimum of 12 hours per day and ideally 24 hours per day.

What are the precautions?

Sometimes people get a skin irritation from Cica-Care™, e.g.:

- redness on or around the scar
- rash on or around the scar
- itching that is not normal
- skin maceration (wrinkled and white)
- blistered looking skin.

If these symptoms occur stop using Cica-Care™ and contact your Occupational Therapist (07 3646 7100).

How do I look after Cica-Care™?

- Wash Cica-Care™ before and after you wear it in mild, soapy water. In warm weather or during exercise, Cica-Care™ should be cleaned more often.
- Avoid using dishwashing liquid or laundry detergents as this may lead to skin irritation.
- Air dry and reapply to your clean scar.
- When you are not wearing Cica-Care™, store it on plastic backing or plastic wrap in a sealed container.

When do I replace Cica-Care™?

When Cica-Care™ become less sticky or cleaning is difficult, it should be replaced. Cica-Care™ should last up to one month.

When do I stop using Cica-Care™?

Cica-Care™ is for short term use only. When your scar becomes mature or close to mature, you will no longer need to wear the Cica-Care™. Your Occupational Therapist will discuss this with you throughout your treatment.

Please contact your Occupational Therapist if you have any queries or concerns.

Occupational Therapist: _____

Phone: (07) 3646 7100