

Scar Management – Gel Mate™ Silicone

What is Gel Mate™?

Gel Mate™ is a silicone gel sheeting product with a beige fabric backing. 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.

What are the wearing instructions?

- 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 Gel Mate™ on top of your scar. Check that there are no air bubbles between your skin and the Gel Mate™.
- Start by wearing Gel Mate™ for 1-2 hours on the first day.
- Remove the Gel Mate™ after this time and check your skin for any allergic skin reactions. If there are no skin reactions the manufacturer recommends continuing to wear the Gel Mate™ for 12 – 23 hours per day.

What are the precautions?

Sometimes people get a skin irritation from Gel Mate™, 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 use and consult your Occupational Therapist (07 3646 7100).

How do I look after Gel Mate™?

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



When do I replace Gel Mate™?

When Gel Mate™ begins to deteriorate or cleaning is difficult, it should be replaced. Gel Mate should last for a number of weeks.

When do I stop using Gel Mate™?

Gel Mate™ is designed for short term use only. When your scar becomes mature or close to mature you will no longer need to wear Gel Mate™. 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