

# Scar Management - Mepiform® Silicone

## What is Mepiform®?

Mepiform® is a thin beige 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.

## What are the wearing instructions?

- Do not use on open wounds.
- Ensure that your skin is dry.
- Remove the plastic backing sheet and place the sticky side of the Mepiform® on top of your scar. Check that there are no air bubbles between your skin and the Mepiform®. Avoid stretching the Mepiform® when applying it over a joint.
- Start by wearing Mepiform® for 1-2 hours on the first day.
- Remove the Mepiform® after this time and check your skin for any allergic skin reactions. If there are no allergic skin reactions the manufacturer recommends continuing to wear the Mepiform® for 12 – 23 hours per day.
- Mepiform® should be removed once per day e.g., while bathing or showering for inspection and washing of the skin underneath. The Mepiform® should also be washed.
- For people who live in hot and humid climates or work in a job that causes increased sweating, the maximum wearing time possible may need to be reduced to prevent skin maceration

## What are the precautions?

Sometimes people can get a skin irritation from Mepiform®, e.g.:

- redness on or around the scar
- rash on or around the scar
- itching that is not normal
- skin maceration (moist, 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 Mepiform®?

- Wash Mepiform® in mild, soapy water. In warm weather or during exercise, Mepiform® 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 Mepiform®, store it on plastic backing or plastic wrap in a sealed container



## When do I replace Mepiform®?

Mepiform® should be replaced when it loses its sticking properties or becomes difficult to clean. With proper care, your Mepiform® should last up to or more than a week.

## When do I stop using Mepiform®?

Mepiform® is designed for short term use only. When your scar becomes mature or close to mature you will no longer need to wear the Mepiform®. Your Occupational Therapist will discuss this with you throughout your treatment.

## Where can I find more information about Mepiform®?

[http://www.molnlycke.com.au/dermatology-scar-treatment/Mepiform® /](http://www.molnlycke.com.au/dermatology-scar-treatment/Mepiform®/)

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

**Occupational Therapist:** \_\_\_\_\_

**Phone: (07) 3646 7100**