

Scar Management – Otoform Silicone

What is Otoform?

Otoform is a pink coloured silicone product that is moulded to fit an irregular scar area. 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 Otoform?

- Do not use on open wounds.
- Ensure your skin is dry, and any moisturiser you have applied has been absorbed into your skin. Position the Otoform on top of the scar area(s). Otoform will need to be held in place – your Occupational Therapist will advise you how to do this.
- Start by wearing Otoform for 1 – 2 hours on the first day.
- Remove the Otoform after this time and check your skin for any allergic skin reactions. If there are no skin reactions continue to wear the Otoform for 12 – 23 hours per day.

What are the precautions?

Sometimes people get a skin irritation from Otoform, 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 Otoform?

- Wash Otoform in mild, soapy water. In warm weather or during exercise, Otoform should be cleaned more often.
- Avoid using detergents as this may lead to skin irritation.
- Air or pat dry and reapply to your clean scar

When do I replace Otoform?

Otoform should last a few months with proper care. When Otoform starts to deteriorate it should be replaced. Your Occupational Therapist will advise you when replacement is required.

When do I stop using Otoform?

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

Disclaimer

This product is manufactured for use in ear canal impressions. For over 10 years, the RBWH Occupational Therapy Department has also used it in scar management. It is currently widely distributed across Australia and internationally for scar management and is successfully used by many therapists for this purpose.

Where can I find more information about Otoform?

http://www.pattersonmedical.com/app.aspx?cmd=getProduct&key=IF_921019586

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