

## Contact Media (Silicone)

### Overview

The use of contact media, such as silicone, on hypertrophic scars improves pliability and elasticity. The product is to only be used on scars that are:

- Fully healed
- For a minimum 12 hours a day
- For as long as the scar is maturing (up to 2 years)

### Wearing regime

- Commence applying silicone for 4 hours a day, and slowly build up to a minimum of 12 hours.
- Silicone should be removed when exercising or working manual jobs to reduce extreme perspiration, which increases the risk of skin breakdown.
- Silicone can be worn under pressure garments or held in place by hypafix or tubigrip.
- Fabric type silicone can be sewn into garments as directed by VABS clinicians.
- Uncommon, adverse side effects include; rashes, skin breakdown, and a foul smell. This can be because the product and skin are not being cleaned effectively.

### Care instructions

- Silicone needs to be washed daily, with mild soapy water and then rinsed in clear water. It is to be left to dry on a flat surface, with no direct sunlight. Avoid using paper towels to dry (as it sticks to the silicone).
- Ensure the silicone AND skin are cleaned thoroughly between use. Make sure moisturisers are cleaned off the skin prior to application of silicone.
- When taken care of, a piece of silicone can generally be used for up to 6 weeks. When it loses its “stickiness,” replacement is required.
- Despite adequate cleaning, if a person experiences side effects, discontinue silicone.
- Care instructions and contraindications are given to clients at the time of prescription



**AlfredHealth**

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**Contact Details**

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