Instructions for using Cica-Care Adhesive Gel

How to apply
1. Remove gel from protective sheets.
2. Cut a piece to cover the scar.
3. Carefully peel off the release liner and apply the adhesive side to the scar.
4. Although self-adhesive, Cica-Care may also be held in place by a lightly elastic conforming bandage or tape such as Flexifix or Hypafix. Care must be taken not to hold it too tightly against the scar as this can lead to irritation of the scar and surrounding areas.

Instructions for use
1. Apply initially for 2-3 hours per day, then over a period of 1-2 weeks. Gradually increase by 1 or 2 hours daily, allowing for washing periods.
2. Cica-Care should be applied at least 12 hours per day during the therapy time.
3. A new sheet should be used every 14 days, or when the adhesive properties of the gel wear off.

Hygiene
The skin being treated must be kept clean and dry by daily washing with soap and water, rinsing and gentle drying with a clean towel. The affected area should then be creamed as prescribed.

Removal
Remove for short periods, three times daily for creaming and bathing.

Care of Gel
1. When not in use, gel should be kept in a sealed plastic bag.
2. Gel should be stored in a cool place away from direct heat and sunlight.
3. Wash gel daily in lukewarm water and mild soap. Air dry and re-apply.

If you require any further guidance or have any questions about the silicone gel or if the scar area shows any evidence of skin irritation, rash, open or weeping areas, remove gel and contact your Key Worker

Telephone: (01792) 703628
Mon – Fri 8.00am - 4.00pm (excluding weekends and bank holidays)
(Answer Machine available)