

# Mepiform silicone gel

This information sheet provides you with information about Mepiform silicon gel and tells you how to use it. If you need any further information, please do not hesitate to contact your hand therapist on the number given at the end of this leaflet.

## What is Mepiform silicone gel?

Mepiform is a thin and flexible dressing made up of a plastic covered with silicon gel.

## What is it used for?

Silicone gel has been shown to improve the colour, texture and height of scar tissue. It can also help to reduce itching and irritation often linked to scars.

## How does it work?

Research has shown that it keeps the scar moist. This causes it to soften and become more mobile, like normal skin. It is also suggested that the silicone released from the gel has a therapeutic effect on scars.

## How is it applied?

Mepiform should only be applied to completely healed wounds. It should be worn 24 hours a day, where possible.

- Make sure your skin is clean and dry before applying the gel.
- Open the pack and remove the dressing.
- Cut to size, allowing enough to overlap 1cm around your scar.
- Remove the release film and apply the Mepiform over your scar. Avoid stretching the dressing when applying over joints.

## Can I wash with the dressing on?

Mepiform is waterproof so you can bathe and shower with in on. You should remove it once a day so that you can wash the skin around your scar area and check your scar. The dressing should then be re-applied.

## When should the dressing be replaced?

You should replace the dressing with a new piece of Mepiform every three to seven days, or when it loses its stickiness and will no longer stay in place.

## Precautions

If you get any kind of rash, take off the dressing and allow your skin to rest until the rash has disappeared. Once the rash has cleared, you can start to use the Mepiform again, checking your scar once a day. If symptoms persist, contact your therapist.

## Contact us

If you have any questions or concerns please contact the hand therapy department at St Thomas' Hospital on **020 7188 4172** (Monday to Friday 8am–5pm) or the hand therapy department at Guy's Hospital **020 7188 4185** (Monday to Friday 8.30am–4.30pm).

## Useful sources of information

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

### Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support.

Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

**t:** 0800 731 0319 **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)

**w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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