

# Cica-Care

**This information sheet provides you with information about Cica-Care and offers advice on how to use it. If you need any further information, please do not hesitate to call your hand therapist using the details on the back page.**

## What is Cica-Care?

Cica-Care is a flexible dressing made up of plastic covered with silicone 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. It can be used for new and old scars, in all age groups.

## 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 should I apply Cica-Care?

Cica-Care 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.
- Only cut enough gel from the sheet to cover the scar area. The remaining gel should be stored in its packet at room temperature. Make sure that the gel is not folded as this will shorten its life.
- Remove the film and apply the Cica-Care over your scar.

## How long should I wear it for?

When you first wear the gel, you need to build up a tolerance to wearing it. Wear it for one hour on the first day, then two hours on the second day. Gradually increase by an hour a day until you are up to seven hours. When you are wearing the gel for seven hours a day, continue to wear it for seven hours a day for one week. At the end of the week, increase to wearing it for 23 hours a day.

## Washing the dressing

You should clean the Cica-Care dressing every day. Remove it from your skin and place it in a bowl of warm water and gently clean with soap. Pat dry with a clean towel and place back on your skin or into the packet.

## Removing the dressing

When you start to wear the dressing for 23 hours a day, you should remove it once a day so that you can wash the skin around your scar area and check your scar. The dressing can be washed at the same time and then re-applied. When the gel starts to fall apart, throw it away and use a new piece.

## Precautions

Some people find that they have a reaction to the gel. It is usually a sweat rash. **If whilst using Cica-Care your scar becomes red or itchy, with scaling skin or a rash, remove the gel and do not use it again until the symptoms have gone.** When you start to use it again, use for **half an hour** only and then gradually increase by half an hour a day.

If symptoms persist, or if you have any pain or spots that weep fluid then contact your therapist as soon as possible.

### 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).

e: [handtherapyappointments@gstt.nhs.uk](mailto:handtherapyappointments@gstt.nhs.uk)

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

### 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, Monday to Friday, 9am-5pm

### 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      **w:** [www.111.nhs.uk](http://www.111.nhs.uk)

### NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** [www.nhs.uk](http://www.nhs.uk)

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