

How to Use Silicone Tape & Creams for Scar Healing



Benefits



Silicone scar sheets can relieve itching and discomfort caused by your scar.



Can improve the look and feel of scars.



Provides a safe and cushioning barrier over your scar.
Preventing any rubbing
or friction from your clothes.



Can improve the appearance of keloid
& hypertrophic scars.

How do they work?



The properties in the silicone layer hydrate and nourish the skin, aiding the recovery of your scar.



The properties of silicone help prevent excess scar production, such as Hypertrophic and Keloid scarring.



This protective barrier over your scar enables the new skin to mature safely.



The flexibility of silicone sheets allows the scar to breathe and not overheat; supporting your body prevent infection & irritation.

How to use



Do not use silicone sheets or gels/creams on an open wound or scar. Wait until the wound is fully healed before applying.



Ensure the area is clean and dry before applying the sheets.



If you have been massaging your scar please ensure all product has been removed before applying a sheet or gel.



Remove the protective backing of the strip and place the sticky side against your skin.

How to use cont'd

Build up your tolerance when wearing sheets, so as not to irritate the site. Start with 2-4 hours and increase at your pace, or at the instruction of your therapist.

If you are re-using your silicone strip, wash your strip daily with lukewarm soapy water and dry with a non-fluffy towel.

Replace your strip when it begins to deteriorate. Alternatively you can apply a fresh strip daily.

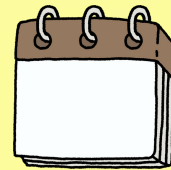


How long?

90 days is the recommended initial treatment phase.

You can wear silicone patches and use silicone gels etc for longer with no documented, detrimental effects.

Continuing to wear silicone strips can provide comfort, support and reassurance for you and your scar.



Before & After

8 months use



Before



After

Ready to Take the Next Step in Your Scar Recovery?

If you'd like more gentle support, guidance, or resources:

Website: sunshineholistictherapy.com
Email: sunshinehealingfabfeeling@gmail.com
Social Media: [@sunshineholistictherapy](https://www.instagram.com/sunshineholistictherapy)

✨ You're never broken. You're never alone.

