



Topical silicone gel

This leaflet provides you with information about topical silicone gel and offers advice on how to use it. If you need any further information, please do not hesitate to contact your therapist.

What is topical silicone gel?

It is an odourless, clear, non-sticky, and self-drying gel that contains medical grade silicone. It is applied over scars as a safe and effective treatment to flatten, soften, and fade problematic scars. It can be used for new and old scars for all age groups, as appropriate.

What is it used for?

Silicone products may improve the look and feel of your scar but they will not make the scar disappear altogether. Topical silicone gel has been shown to improve the colour, texture and thickness of scar tissue. It can also help to reduce itching, discomfort and irritation.

How does it work?

Research has shown that it keeps the scar moist, which causes it to soften and become suppler (flexible). Silicone itself is not an active agent but is very effective at providing a sealed environment to trap moisture. It should be used in addition to moisturising and massaging your scar, which you must continue to do as advised by your therapist. You may not notice any improvement straight away but if you use it regularly, you should see progress after several weeks.

Where can I get topical silicone gel?

There are different brands of silicone gel available. Your therapist will assess your scar and write a letter to ask your GP to provide you with a prescription. It is also possible for you to purchase silicone gel yourself by ordering it online.

How should I apply my silicone gel?

Silicone gel should not be used on unhealed or broken skin. It should only be applied sparingly to completely healed and moisturised wounds. Only a thin layer of gel is required for effective treatment. The following should be repeated 1-3 times daily:

- Make sure your skin is clean and dry.
- Squeeze a small amount of silicone gel onto your finger and apply sparingly to leave a thin, transparent film on the skin.
- Leave the gel to dry. If it takes longer than 5-10 minutes to dry then you have put on too much.

Once dry, you can apply cosmetics or sunblock on top of the gel. You can also wear any splints or pressure garments over your silicone.

How long should I be using silicone gel?

The recommended initial treatment period is usually 3 months. However, you may be advised to continue to use it for longer than this by your therapist, depending on the appearance and status of the scar. The use of silicone will need to be reviewed regularly to check the effectiveness of the treatment.

How long will the silicone gel last for?

Topical silicone gel is waterproof but will wear off over time; therefore, it will need to be reapplied several times daily. When used sparingly, a 30ml tube should last for about 2-3 months of treatment for an 8-10 cm long scar.

Can I be allergic to silicone?

Discuss any current dermatological conditions (e.g. eczema, psoriasis) you have with your therapist. Some people find they are sensitive to silicone. If, whilst using the silicone gel sheeting, your scar becomes red or itchy with scaling skin or a rash, remove the sheet. 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 the scar breaks down, or if you have any pain or spots that weep fluid, contact your therapist or GP as soon as possible.

Helpful tips

- Avoid contact with eyes, ears and nostrils.
- Protect your clothing. If your scar is going to be covered by clothes, place a piece of gauze or other material over the silicone gel. This will protect the clothes from staining.
- Do not use silicone gel for the purpose of massaging the scar.

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Please ask if you need this information in another language or format.

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