

The Postpartum Rebuild Program.

empelvic

PHYSIOTHERAPY

SILICONE SCAR STRIPS

How to use and care for your silicone.

What are silicone sheets?

Silicone sheets are a medical-grade scar treatment designed to improve the appearance and feel of scars. They are commonly used after surgery, including caesarean births, and are considered one of the most effective non-invasive scar management options.

What do silicone sheets do?

Silicone sheets help to:

- ✓ Hydrate scar tissue
- ✓ Soften and flatten raised scars
- ✓ Reduce redness and discolouration
- ✓ Decrease itching and sensitivity
- ✓ Improve scar flexibility
- ✓ Support healthy scar healing

They work by creating a protective barrier over the scar that helps regulate moisture and collagen production during healing.

When can I start using silicone sheets?

Only begin using silicone sheets once:

- ✓ The wound is fully healed
- ✓ There are no scabs present
- ✓ There are no open areas
- ✓ There are no signs of infection

If you are unsure whether your scar is ready, speak with your practitioner.

How do I use silicone sheets?

Week 1

Start slowly to allow your skin to adjust:

- Day 1–2: 2–4 hours per day
- Day 3–4: 4–8 hours per day
- Day 5–7: 8–12 hours per day

Ongoing use

Aim to wear the silicone sheet for:

12–24 hours per day

The more consistently the sheet is worn, the more effective it is likely to be.

Remove the sheet for showering, swimming, and cleaning.

How long should I use it for?

For best results:

- Minimum: 2–3 months
- Recommended: 3–6 months
- Longer may be beneficial for raised, red, or older scars

Scar improvement occurs gradually over time.

How do I clean the silicone sheet?

Clean the sheet daily or every second day.

Cleaning instructions:

1. Remove the silicone sheet.
2. Wash gently using warm water and mild soap.
3. Rinse thoroughly.
4. Allow to air dry with the sticky side facing upwards.
5. Reapply once completely dry.

Avoid:

- X Alcohol wipes
- X Harsh detergents
- X Scrubbing the silicone

These may reduce the lifespan and effectiveness of the sheet.

How long does each sheet last?

Silicone sheets are reusable.

A sheet typically lasts:

4–8 weeks

depending on wear time, skin oils, cleaning frequency, and general care.

Replace the sheet if it becomes damaged or loses its ability to adhere.

Seek Advice If:

Contact your healthcare provider if you experience:

- Skin irritation that does not settle
- A rash under the silicone sheet
- Increasing redness, swelling, or pain
- Signs of infection
- Concerns about scar healing

Remember

Scars continue to change and mature for up to 12–18 months after surgery. Consistent scar care can make a significant difference to how your scar looks, feels, and functions over time.

Small, consistent steps often produce the best results.