

# Treating your scar with Otoform® silicone elastomer

## Hands Burns and Plastic Therapy

Information for Patients

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### Why do I need silicone elastomer?

Your therapist recommends that you use silicone elastomer on your scar. We use this for problem scarring because of injury, burns or surgery. Silicone can improve the appearance, soften, flatten and smooth raised scars. It can also help to reduce pain and itchiness.

Otoform® is a putty like impression silicone (silicone elastomer). It can be moulded and applied to your scar. It is normally recommended for deep hollow scars that need an impression. Or for curved areas like the hands. All Otoform moulds are individually made by your therapist. It is specifically moulded to fit your scar.

### How do I apply my Otoform silicone elastomer?

1. Wash and dry your scar to remove any cream or perfume.
2. Apply the Otoform mould over the scar.
3. Secure in place with tape, splint, bandage or pressure garment.
4. When you take the Otoform mould off you should wash your scar. Then wash the Otoform mould with a mild soapy solution. Let it air dry
5. Keep your Otoform mould in a plastic bag or air tight container when not in use.

### When should I wear it and how long for?

You can wear the silicone elastomer when your wound is healed and dry. It should not be used on open wounds. It can be worn for 24 hours a day but needs to be removed every 12 hours. This is to check the skin for redness or soreness, and to wash and dry it before replacing.

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or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

It is rare, but some people can be allergic to silicone elastomer. Your therapist will advise you on how many hours a day to wear your Otoform mould when you first start using it and how to build up the wear of it.

## How long will it last?

Each piece of Otoform is reusable for up to 2 to 3 weeks. Your therapist will advise you when it needs to be replaced and when you need to stop using it.

## Can I shower or bathe with it on?

You should remove your Otoform when you shower, bathe or go swimming.

## What happens if my skin becomes sore or itchy?

If your skin becomes red, sore, bleeds or a rash or itching occurs, stop using your Otoform mould straight away. Allow your skin to recover fully. Start using it again but reduce the amount of time you wear it at first. Then build this time up again very slowly.

If the symptoms come back, you should stop using it again and contact your therapist.

## Contact details

Name of Therapist: \_\_\_\_\_

Telephone number: \_\_\_\_\_

This leaflet is intended to supplement Hands Burns and Plastics Therapy treatment with patients. It is not intended for use without guidance from this team.

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