

## Occupational Therapists

Work with people of all ages, helping them to carry out the activities they need or want to do in order to lead healthy and fulfilling lives.



## References

If you require a full list of references for this leaflet please email [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

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# Advice for using Silicone oil

Occupational Therapy Departments

[www.ulh.nhs.uk](http://www.ulh.nhs.uk)

## What is a Silicone oil

It is a silicone product in the form of a gel that can be applied to most areas of the body as a treatment for old and new scars.

## Why do I need Silicone oil?

Silicone oil helps to improve the appearance of scars by flattening, softening and reducing red, raised areas.

## When do I use Silicone oil?

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## How long do I need to use Silicone oil for?

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## Important things to know

- Silicone oil is applied as a thin coat over the scar.
- It must be applied to clean skin.
- It needs to be applied very thinly and should dry in 4 to 5 minutes. If it takes longer to dry you have applied too much.
- Silicone oil should not be applied to fresh or open wounds or too close to eyes.
- For external use only.

## Special instructions

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If you have any other problems/queries, please contact:

.....Occupational Therapist  
on .....answer machine available