



## 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)

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

# Advice for using a Silicone Elastomer Conformer

Occupational Therapy Departments

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

## What is silicone conformer?

Silicone conformers are a putty like material that can be moulded to fit your scar.

## Why do I need to use a silicone conformer?

To improve the appearance of scars by flattening, softening and reducing red, raised areas.

## When do I wear the silicone conformer?

.....

## Important things to know

- **DO NOT** use creams on the treated areas as this interferes with the conformer's effectiveness.
- **DO NOT** apply to broken skin.

## Looking after your silicone conformer

The silicone conformer is usually moulded to fit directly over your scar and will be held in place by your existing night splint. It is best to leave the elastomer attached to the splint to ensure it is placed in the correct position each time it is used.

If the silicone conformer begins to disintegrate or if any problems occur please contact your therapist.

## Care of your scar

If the scar shows any signs of deteriorating e.g. splitting, bleeding or increased soreness, stop wearing the conformer and contact your therapist.

If you have any other problems/queries please contact:

.....  
Occupational Therapist

on: ..... Ext: .....

## 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.