NHS
Suffolk and North East Essex

Position Statement on the Prescribing of Silicone Sheets and Gels

The Suffolk and North East Essex Integrated Care Board (SNEE ICB) DO NOT support the prescribing of Silicone Sheets and Gels for routine treatment of hypertrophic and keloid scars.

The prescribing of silicone sheets, gels and sprays for the routine treatment and post-surgical prevention of hypertrophic and keloid scars is **NOT** supported by the SNEE ICB, due to poor evidence on the benefit of the treatment for this purpose.

Prescribing may be considered in the following circumstances:

- Treatment of hypertrophic or keloid scars resulting from burns, trauma, or surgery and where either of the following criteria is met:
    - The scar is functionally disabling or impacts severely on physical function (due to significant pain or pruritis, or obstruction of vision or orifice).
    - The scar results in facial disfigurement.

Rationale

- There is poor evidence on the clinical effectiveness of silicone sheets or gels in the treatment and prevention of hypertrophic and keloid scarring. Existing evidence is low quality and susceptible to bias so must be interpreted with caution.[1]
- PrescQIPP does **NOT** recommend the prescribing of silicone sheets and gels[2]
- Silicone Sheets and Gels are available to purchase if patients wish to use these products.

Products and Brands (list not exhaustive)[2]

Silicone Gels	Silicone Sheets
Bapscarcare Gel	Advasil Conform Sheet
Ciltech	Bapscarcare T Sheet
Dermatix	Ciltech
Kelo-Cote Gel	Cica-Care Sheet
Kelo-Cote Spray	Dermatix Clear Sheet
NewGel+E	Dermatix Fabric Sheet
Nourisil MD	Mepiform Sheet
Pro-Sil	NewGel+
ScarSil	Oleeva Fabric
SilDerm Dual Action Scar Gel	Scar Fx Sheet
SilDerm Scar Gel	Silgel Sheet
SilDerm Scar Spray	
Silgel STC-SE	

Useful Contacts

- Appliance Nurses sneeicb-ies.medsoptnurses@nhs.net
- North East Essex Medicines Management Team sneeicb-nee.medicinesmanagement@nhs.net

[1] O'Brien L, and Pandit A. (2008) Silicone gel sheeting for preventing and treating hypertrophic and keloid scars (Review). The Cochrane Collaboration. [2] B161. Wound care - Silicone scar treatments (prescqipp.info)