Application guide

1. Wash hands before and after use.
2. Gently clean the scar and surrounding skin with a mild soap and rinse in clean warm water. Thoroughly dry the scar and surrounding skin.
3. Peel lid from tray and remove gel sheet.
4. Cut gel sheet to fit scar size, with a small overlap over the surrounding skin. Store any remainder of the gel sheet in a dry place (the packaging tray can be used).
5. Remove the printed plastic sheet.
6. Apply gel sheet, adhesive side to the scar, without stretching. If necessary a light bandage or tape can be used to keep CICA-CARE® in place. Do not hold the gel sheet too tightly against the scar as this can lead to irritation of the scar and the surrounding skin.
7. For first two days use CICA-CARE for 4 hours during the first day or night. For the next two days use CICA-CARE for 8 hours each day or night. Continue to increase wear time by two hours per day until a minimum of 12 hours per day is reached. If possible, CICA-CARE should be worn 24 hours per day.
8. Clean CICA-CARE twice daily with a mild soap and rinse well. Ensure the scar and surrounding skin are washed using a mild soap prior to re-applying the gel sheet. Rinse the area in clean water.
9. Dry with a non-fluffy towel.
10. When CICA-CARE begins to wear or cleaning is difficult, it should be replaced. This usually occurs at 14-28 day intervals. With correct use the total therapy time should be in the range of 2-4 months. For healed wounds use the same way.

Scar information service

The scar information service has been set up to provide information on scars and their treatments.

It also acts as a gateway to other medical and self-help organisations that can offer advice and support to patients, families and friends as well as healthcare professionals.

For more information visit www.scarinfo.org

References


Wound Management

Smith & Nephew Healthcare Ltd
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It is a fact that over half the UK population has some sort of scar. For most, scars are slight and present no real concern, but for others, who have red, dark or raised scars it can be a very different story. These types of scar may not fade over time and can cause discomfort and distress, influencing the way people dress, their relationships with others - even the way they live their lives.

What is a scar?

A scar is a mark left after a wound and is an essential part of the healing process.

In many cases wounds heal leaving little or no trace but, if the wound is deep, then the healing process is more complicated and this can lead to more noticeable scars.

In some cases the scars left by these deeper wounds will not fade but remain red, dark or raised. These are called hypertrophic or keloid scars, and these are the kind of scars that can be effectively treated with CICA-CARE™.

The difference between hypertrophic and keloid scars;

Hypertrophic scars usually remain within the original wound area and continue to grow for up to six months.

Keloid scars grow larger than the original wound and will continue to grow indefinitely.

If you've had hypertrophic or keloid scars, you may be prone to this type of scarring in the future.

What is CICA-CARE™?

CICA-CARE is a medically proven self-treatment for improving the appearance of red, dark or raised scars. It has been used successfully by the medical profession to treat more than one million people world-wide. Now CICA-CARE is available for you to buy from your local pharmacist or on prescription from your GP.

CICA-CARE - The facts

- CICA-CARE is medically proven
- CICA-CARE™ is effective in up to 90% of cases by flattening and fading red and raised scars
- CICA-CARE™ is an advanced form of silicone in a gel sheet format
- CICA-CARE™ can be used on scars up to twenty years old
- CICA-CARE™ can be used on anyone over the age of two years old

Is it expensive?

CICA-CARE is very cost-effective because a single piece is cut from the gel sheet to fit the scar. Each cut piece can then last for up to one month in use, which means that one 6cm x 12cm pack may be enough to treat a scar over a complete four month period.