

 **smith&nephew**
CICA CARE[®]
Silicone Gel Sheeting

CICA-CARE helps scars fade



Adhesive Gel Sheet for Scar Care

CICA-CARE™ Gel Sheet is a soft, self-adhesive, occlusive silicone sheet made from medical grade silicone re-inforced with a silicone membrane backing. CICA-CARE is designed for use in the management of both existing and new hypertrophic scars and keloids and as a prophylactic therapy on closed wounds to help prevent hypertrophic scarring and keloids. CICA-CARE employs the benefits of the use of silicone gel sheets in scar therapy with the additional advantages of self-adhesiveness and durability. The result is cost-effectiveness and higher patient compliance in scar management and prevention.



Advantages

Self-adhesive

The patented material technology of CICA-CARE provides for the adhesive skin contact side to be placed onto the scar while the upper side, supported by a thin silicone membrane, does not adhere. Therefore secondary fixation may not be required, making the product more user friendly, which leads to higher patient compliance.

Durable

The silicone membrane and gel combination provides excellent support, making CICA-CARE more durable and less likely to "crumble" in comparison to other silicone gel sheets^{1,2}.

Conformable

CICA-CARE is a very conformable silicone gel sheet. Combined with its self-adhesiveness, CICA-CARE can be easily used in many anatomical locations, including earlobes and sternal areas.

Reusable

One piece of CICA-CARE can be easily washed and re-used. Once it becomes difficult to clean, a new piece should be used. One gel sheet will usually last up to 28 days.

Cost-effective

The durability and reusability of CICA-CARE lend itself to be cost-effective^{1,2}.

More Flexible

CICA-CARE has been re-engineered to be more flexible.

Application

Once the sheet has been cut to fit the size of the scar, place the adherent side on the scar or closed wound. Although CICA-CARE is self-adhesive, it may also be held in place by a light elastic bandage (e.g. EASIFIX® Cohesive) or tape (e.g. HYPAFIX®). For better skin acclimatisation, begin by applying CICA-CARE for 4 hours per day the first two days, 8 hours per day the next two days, and increase usage time by 2 hours per day until the optimal 24 hours per day treatment is obtained.

Precautions

In some patients a rash has been observed on the covered skin. This has been attributed to either poor hygiene or to the product being applied too tightly. Should a rash appear, reduce CICA-CARE treatment time to 12 hours followed by 12 hours rest. If the rash persists, discontinue treatment, and consult your physician. On surgical incisions, use only after sutures have been removed.

Indications

Temporary use in the management of old, existing and new hypertrophic scars and keloids².

Temporary use as a prophylactic therapy on closed wounds to prevent hypertrophic scars or keloids^{3,4}.

Contra-Indications

CICA-CARE is contra-indicated for patients with complicating medical factors which would make them unable to use the dressing properly and in patients with dermatological conditions which disrupt the integrity of the skin in areas of coverage. **DO NOT APPLY TO SKIN CURRENTLY AFFECTED BY ACNE. DO NOT USE ON OPEN OR INFECTED WOUNDS.**

CICA-CARE Order Codes

Code	Size	Carton
66250707	12cm x 15cm	10 sheets
66250706	12cm x 15cm	1 sheet
66250704	12cm x 6cm	1 sheet

References

- 1 Carney S.A. et al. CICA-CARE Gel Sheet in the Management of Hypertrophic Scarring. *Burns* (1994); 20: 163-167.
- 2 Donald L. Comparison of 2 types of silicone gel sheets. *Australian/New Zealand Burns Association (ANZBA)* (1995); 14: 10-11.
- 3 Quinn K.J. Silicone gel in scar treatment. *Burns* (1987); 13: S33-S40.
- 4 Cruz-Korchin N.I. Effectiveness of silicone sheets in the prevention of hypertrophic breast scars. *Ann Plast Surg* (1996); 37: 345-348.

Wound Management

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