

Scar massage:

- Massage your scar to soften tissue, and to make it less sensitive
- Rub the scar and the surrounding area with firm, even pressure for 3-5 minutes, 2-3 times per day.
- You may use lotion to improve comfort
- Avoid open areas and stitches

How do I use my silicone gel sheets?

- Wear your gel sheets to soften and flatten scar tissue:
 - If you have thin gel sheets (like Mepiform®):
 - Wear them all the time except for when bathing and doing scar massage.
 - If you have thick gel sheets:
 - Wear them at night
 - Hold them in place with your compression glove or sleeve
- Wash and air-dry your gel sheet daily
- Stop using gel sheets if you develop a rash

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