




Skin and Wound Product Information Sheet

CICA-CARE	
Classification	Scar Therapy
Key Points	<ul style="list-style-type: none"> • A self-adherent silicone gel sheet with a silicone membrane backing; can be cut to fit the scar area; low-profile and conformable • Easy to remove and reapply, same dressing may be washed and reused for up to 28 days • Gel sheet needs to be cleansed twice a day to remove skin oils • Should be worn for at least 12hrs/day if possible can be worn for 24hours, see next page for skin acclimatization schedule • Can be used for scars up to 20 years old
Indications	For adults and children for the management of: <ul style="list-style-type: none"> • Old and new hypertrophic scars; may take 2-4months • Old and new keloid scars; may take 2-4months • Newly closed wounds to prevent scarring; may take 2-4months
Precautions	<ul style="list-style-type: none"> • Skin rash/irritation may occur if the gel sheet and skin are not cleansed appropriately or if the product is being applied with too much pressure. Should a rash/irritation appear, reduce CICA-CARE therapy time to 12 hours on 12 hours off. If the rash/irritation persists, discontinue use and consult Physician/NP. • For surgical incisions, use CICA-CARE only after sutures have been removed and the site is fully healed. • Follow the acclimatization and washing procedures carefully. • Use of CICA-CARE is not recommended on young children unless used in combination with an appropriate secondary retention dressing. • Do not use ointments or creams under gel sheet as they may interfere with the performance of the product.
Contraindications	<ul style="list-style-type: none"> • Do not use on wounds which are still opened • Do not use on incision line where the sutures have not yet been removed • Do not use on an infected area • Do not use on skin recently affected by acne • Do not use for patients with dermatological conditions which disrupt the integrity of the skin in areas of coverage.
Formats & Sizes	<ul style="list-style-type: none"> • Dressing size <ul style="list-style-type: none"> ▪ 6 x 12cm ▪ 12 x 15cm <div style="text-align: center;">  </div>
Application Directions	
Choose a dressing size that will cover the area; dressing can be cut to size. For large areas, pads may be laid side by side to ensure good coverage	Store unused dressing in a clean dry place.
Cleanse the scar area and gently pad dry. Do not apply moisturizer creams/lotions.	Moisturizers will interfere with the performance of the gel sheet and impair self-adhesion.
To Apply	
Remove one edge of the film backing; apply dressing to skin area; slowly peel off the rest of the film backing and lay the dressing down over the area. Do not stretch the gel pad as it is being laid down on the skin. Ensure that there is at least a 1cm overlap onto the skin around the scar. Smooth in place.	Stretching the gel sheet can lead to increase pressure/tension on the skin which can cause skin irritation and discomfort.



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<p>May require a secondary securement. In the case of a child or to provide additional securement, use a secondary dressing or stocking eg. Flexifit or silicone-type tape.</p>	<p>If using a secondary securement, ensures that it can be removed twice a day without cause skin irritation.</p>
<p>Daily Care</p>	
<p>To acclimatize the skin to the gel sheet, slowly increase the wear time:</p> <ul style="list-style-type: none"> • For Day 1 and Day 2 should be worn for 4 hours only • For Day 3 and Day 4, increase the wear time to 8 hours • For Day 5 and Day 6 increase the wear time to 10 hours • For Day 7 and Day 8 increase the wear time to 12 hours • For Day 9 and Day 10 increase the wear time to 14 hours • For Day 11 and Day 12 increase the wear time to 16 hours • Starting on Day 14 increase the wear time 24h (overnight) <p>Remove the dressing twice a day to wash it in a mild non-oily soap solution; rinse in clean warm water and pat dry with a cloth. In warm weather or during periods of physical activity where sweating may occur, the gel sheet should be cleansed more often for comfort and to maintain optimal contact between sheet and the skin.</p> <p>Wash skin area under the gel sheet at least once a day. Pat dry and reapply to the dry, cleansed scar area.</p> <p>When gel sheet begins to deteriorate or cleaning the sheet becomes difficult, it should be replaced; this usually occurs between 14 to 28 days. Shorter lifetime may be experienced if the scar is situated over a joint or in an area subject to constant abrasion. A new gel sheet should be used after 28 days.</p>	<p>To ensure the most effective treatment the gel sheet must be worn for 12hours/day, with 24hours/day being the optimum wear time. Treatment for old scars and to prevention/reduction new scar formation will take 2-4months.</p> <p>Should skin irritation occur, discontinue the use of the dressing until symptoms resolve; then resume treatment by gradually increasing wear time each day.</p> <p>Gel sheet must be washed twice a day; washing the gel sheet improves its tack.</p> <p>Avoid using detergent for cleansing as this may lead to skin irritation. Avoid using paper towel to dry the CICA-CARE sheet as it can adhere to the sheet</p>
<p>Expected Outcome</p>	
<p>Old scar formation is reduced or resolved.</p> <p>For newly closed wounds, scar formation does not occur or is minimized.</p>	
<p style="text-align: center;">For further information, please contact your Wound Clinician.</p>	