

Policy statement; Prescribing of silicone scar preparations in primary care is not supported

Mid Essex Clinical Commissioning Group does not support the prescribing of silicone scar preparations (gels and sheets) to improve the appearance of scars.

Rationale

There is weak evidence of the benefit of silicone gels and sheets for the treatment or prevention of hypertrophic and keloid scarring.

There is weak evidence of a benefit of silicone gel sheeting as a prevention for abnormal scarring in high-risk individuals but the poor quality of research means a great deal of uncertainty prevails. Trials evaluating silicone gel sheeting as a treatment for hypertrophic and keloid scarring showed improvements in scar thickness and scar colour but are of poor quality and highly susceptible to bias.

Recommendations

- Do not prescribe
- Review existing patients that are being prescribed any of these preparations.
- If patients choose to use silicone scar preparations and oils advise that they can be bought from community pharmacies or other retailers without a prescription.

Products/brands include (not an exhaustive list)

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	

This policy would also include other brands as they become available.

Providers commissioned to provide services on behalf of Mid-Essex CCG are reminded that they are required to follow the Mid-Essex CCG formulary and prescribing guidance as detailed in their contract (Medicines Management Service Specification). See Mid-Essex CCG website – Medicines Optimisation page for all prescribing guidance: <https://midessexccg.nhs.uk/medicines-optimisation>

Title	Scar treatment and prevention therapies
Document reference	Scartreatment POL201811V0.1DRAFT
Reference	Prescqipp bulletin 161, Feb 17 Wound care – Silicone scar treatments http://www.bad.org.uk/for-the-public/patient-information-leaflets/keloids/?showmore=1&returnlink=htt#.W_-0KYv7Spo
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