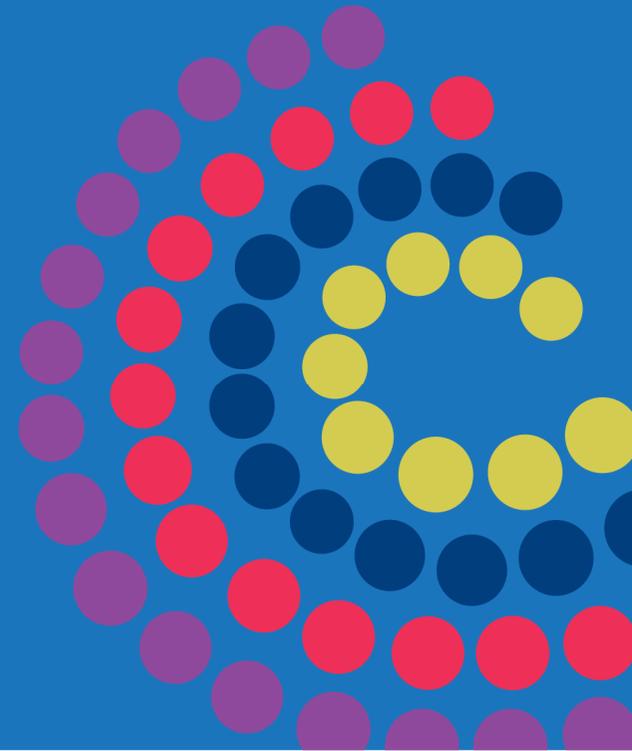


# Scar Management Elastofix Patches

Information for patients,  
parents and carers



## Contact numbers

If you have any concerns about the use of Elastofix contact your hand therapist in Allied Health.

Therapist:

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.....

Telephone: (08) 8161 7381

8.30am – 4.00pm

Monday – Friday

## Disclaimer

The Women's and Children's Hospital Allied Health Department cannot take any responsibility for misuse of these products.

## For more information

Zone A  
Women's and Children's Hospital  
72 King William Rd,  
North Adelaide SA 5006  
Telephone (08) 8161 7000

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## What is Elastofix?

Elastofix is a combination of two treatments - Hypafix and Elastomer.

It is used to:

- > flatten the scar
- > soften the scar tissue.

## Application of pre-made Elastofix patches

Your therapist will make several Elastofix patches for you to take home.

- > Ensure the skin is clean and dry.
- > Check for open areas or signs of skin irritation or infection.
- > Carefully remove the paper backing from the Elastofix patch.
- > Gently stretch the Elastofix patch as it is applied so that the Elastomer is directly over the scar.

*Do not apply directly over an open area, rash, or skin infection.*

Open areas or infection may require a different dressing.

Seek advice from your therapist if you are unsure of what to do.

## How long should the Elastofix be worn?

- > Elastofix is left on full time for up to one week.
- > It can be removed sooner if skin irritation is suspected or if the patch is falling off.

## How do I remove the Elastofix?

- > Apply vegetable oil or adhesive remover.
- > If using oil, cover with Gladwrap and leave for 10-20 minutes if possible.
- > Carefully peel the Elastofix patch off while supporting the skin.
- > Use a cotton wool ball soaked with oil as you peel the patch away if it does not come off easily.

## Checking the skin

### > **Skin rash/ spottiness**

Action - Leave the Elastofix off until the rash settles down. Consult your therapist.

### > **Skin breakdown**

Action: Dressing as advised. If you are unsure what to do, leave the Elastofix off and contact your therapist.

- > **Skin infection** (skin will appear as pimply spots) Action: Leave the Elastofix off and contact your therapist.

## Are there any other things I need to know?

### **If the Elastofix patch lifts at the edges**

- > Trim the edge and secure with a strip of hypafix.

### **Showering and bathing**

- > Elastofix can be worn while bathing if the burn is completely healed. Check with your therapist.
- > Allow to air dry for approximately one hour afterwards before applying Tubigrip or getting dressed.

### **Swimming**

- > Once well healed, Elastofix can be worn while swimming.
- > Check with your therapist first.
- > After swimming, ensure that you rinse off well to remove chlorine or salt from the Elastofix.