

Caring for Gelsmart™

- > The Gelsmart™ *must* be washed each time it is taken off the skin.
- > Soap up your hands with your usual bath soap and wash over the Gelsmart™ without scrubbing it together.
- > Rinse thoroughly in clear water.
- > Pat with a lint-free cloth and air dry.

Note: Treat gently. Gelsmart™ should last for one to two months with careful use.

Contact numbers

If you have any concerns about the use of Gel Smart™ contact your 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

Revised May 2020



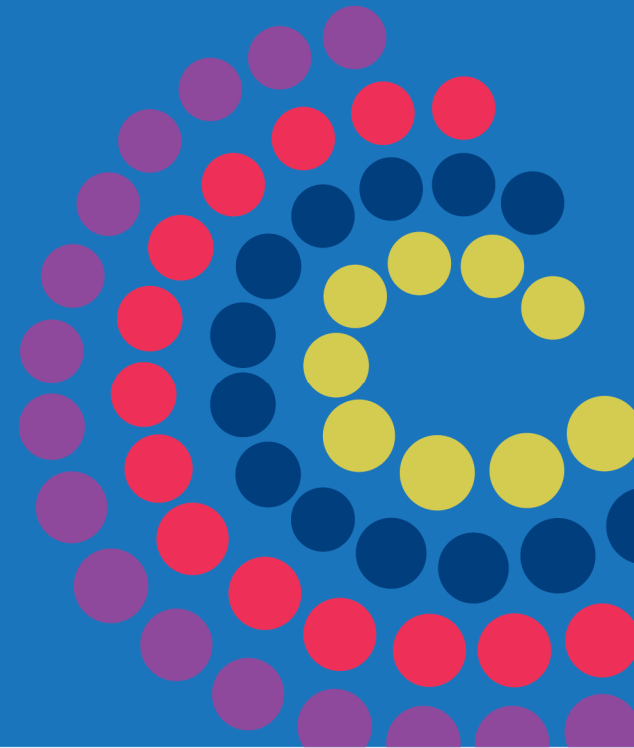
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Scar Management Gelsmart™

Information for patients,
parents and carers



Government of South Australia
Women's and Children's
Health Network



Women's
& Children's
Hospital

Gelsmart™ is made from medical grade silicone and is used to:

- > soften the scar tissue
- > help prevent skin / joint contracture
- > flatten the scar.

When and how to apply Gelsmart™

When and how to apply Gelsmart™

Check for open areas.

- > *do not apply directly over an open area*
 - small open areas are usually dressed with Acticoat and a piece of Hypafix to hold it in place
seek advice from your therapist.
- > apply to washed and dried skin
- > slightly stretch the Gelsmart™ as it is applied, sticky side down. Do not over-stretch the gel.
- > Gelsmart™ needs be secured so that it stays flat and in place. Your therapist will advise on the appropriate method which may include;
 - garments
 - Tubigrip
 - splint
 - bandage
 - Mepitac tape

Removing Gelsmart™

Slowly peel from the skin for your child's comfort and to avoid tearing the Gelsmart.™

How long should the Gelsmart™ be worn?

The amount of time that your child is able to tolerate wearing the Gelsmart needs to be determined. This is done by gradually increasing the length of time it is worn each day and checking the skin once it is removed

	Gelsmart™
Day 1	2 hours
Day 2	4 hours
Day 3	8 hours /all night
Day 4	All night + 4 hours
Day 5	Day/ night up to 22 hours
Or	- hours

To be effective the Gelsmart™ needs to be worn for a minimum of 10 – 12 hours.

Contact your Therapist if your child can not tolerate more than 10 hours.

Hot weather

- > You may need to decrease the time the Gelsmart™ is worn.
- > Your child may tolerate wearing the gel at night only or day only.

Checking the skin

If the contact time is too long

- > **Skin rash/ spottiness**
Action – Leave the Gel off until the rash settles. Once the rash has gone, reduce the wearing time to a shorter time and gradually build up wear time again. Contact your therapist for further advice.
- > **Skin breakdown**
Action: Dressing as advised.
- > **Skin infection** (skin will appear as pimply spots)
Action: Leave the gel off and contact your therapist.