

Contact numbers

If you have any concerns about the use of Mepiform™ 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



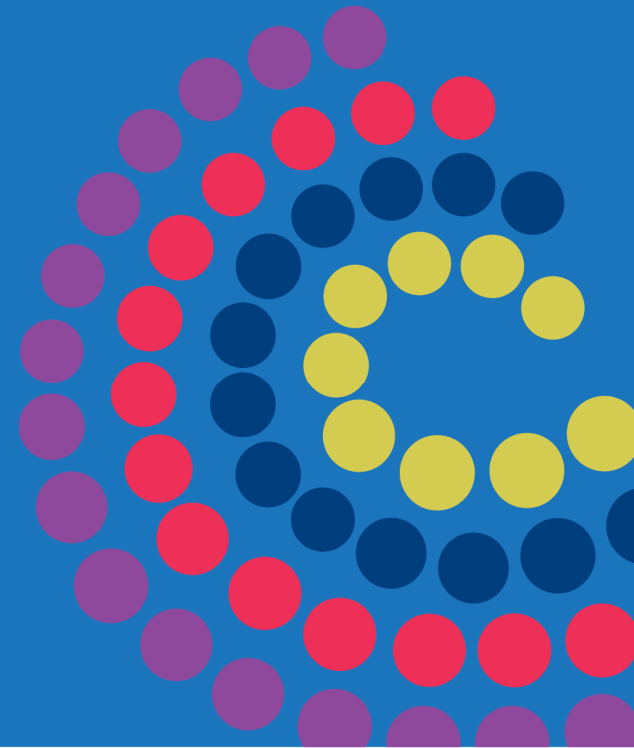
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Scar Management Mepiform™

Information for patients,
parents and carers



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



Women's
& Children's
Hospital

Mepiform™ is a self-adherent thin sheet of silicone gel used to:

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

How to apply Mepiform™

- > Do *not* apply to open areas or if there is a rash. Small open areas may need to be dressed with Acticoat or an appropriate burns dressing. Seek advice from your therapist.
- > Before removing the backing paper, cut a piece slightly larger than the scar.
- > Apply to washed and dried skin.

How long should the Mepiform™ be worn?

- > Ideally, Mepiform™ should be worn day and night.
- > Remove Mepiform™ after the first day to inspect the skin. Wash and dry the skin then reapply the Mepiform™. Do this for two days;

- > If there is no irritation, leave the Mepiform™ in place day and night without removal until it is no longer adhesive.

- > Mepiform™ is waterproof and can be worn in the shower or bath.
- > Contact your physiotherapist / occupational therapist if your child can not tolerate wearing Mepiform™ for more than 10 hours.

Removing Mepiform™

- > Slowly peel from the skin for your child's comfort and to avoid tearing product

Hot weather

- > You may need to decrease the time the Mepiform™ is worn and let the skin have more air time.
- > Your child may tolerate wearing the Mepiform™ at night only or day only.

Checking the skin

You will need to check the skin for ;

> **Skin rash/ spottiness**

Action: Leave the Mepiform off until the rash settles and consult your therapist.

> **Skin breakdown**

Action: Dressing as instructed. If you are unsure what do to, leave the Mepiform off and consult your therapist

> **Skin infection** (skin will appear as pimply spots)

Action: Leave the Mepiform off and consult your therapist.

Precautions

- > Recurrent skin problem eg rash, maceration, skin infection.

If the symptoms persist discontinue use and contact your therapist.