

## Contact numbers

If you have any concerns about the use of Strataderm™ 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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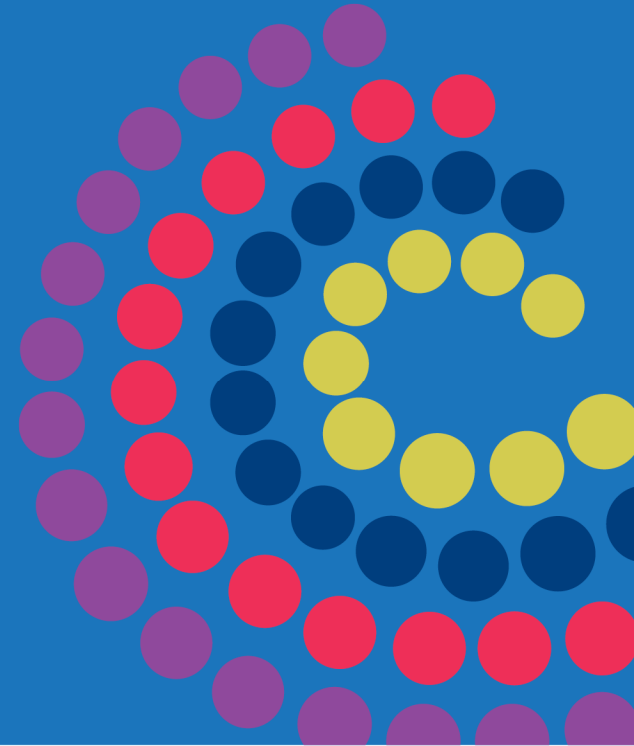
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# Scar Management Strataderm™

Information for patients,  
parents and carers



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



Women's  
& Children's  
Hospital

## Scarring

Newly healed skin is fragile and often red or pink in colour. This may take many months to fade to a more normal skin colour.

Scar tissue can become thickened and may not grow at the same rate as normal skin. This can sometimes limit movement of a joint.

It's important to check your scar for thickening during the healing process. Feel for any change in the height or texture of the newly healed skin.

This is especially important in the first three months following your child's burn or wound healing as this is the time that any scar thickening may become evident. The skin may feel thicker (like the palm of your hand), firmer or raised compared to normal.

## Scar treatments

Treatment can help soften and flatten scar tissue and is best started when scar thickening is just beginning.

Treatments may include:

- moisturising and massage
- sun protection
- use of gels and contact media (as prescribed)
- wearing of pressure garments (as prescribed)
- splints (as prescribed)
- doing stretches
- strengthening exercises

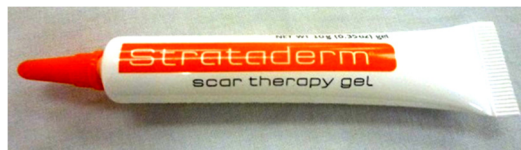
**Your therapist will advise which of these methods is suitable for your child's scar**

## Strataderm™

Strataderm™ is a gel treatment used to help with thickened scarring and is used to soften and flatten healed scars, relieve itching and reduce redness.

Strataderm™ dries to form a silicone gel sheet which is a waterproof protective layer. This layer hydrates and protects compromised skin areas.

Strataderm™ is useful to treat scars in areas such as the face and neck where it may be difficult to apply other gel sheets.



## To apply Strataderm™

Ensure that the affected area is clean and dry.

Apply a very thin layer of Strataderm™ to the scar and allow to dry.

Strataderm™ should be dry in 3-4 minutes. If it takes longer to dry you have probably applied too much. Gently remove the excess with a clean tissue and allow the drying process to continue.

Once dry, Strataderm™ can be covered by sunscreen, cosmetics or pressure garments or normal clothing.

Strataderm™ should be applied once or twice daily to exposed areas as directed by your therapist.

## Precautions for Using Strataderm™

- Strataderm™ should not be applied to open wounds.
- Strataderm™ should not be applied close to the eyes or mucous membranes. i.e inside the mouth or nose