

Cica-Care (For use on healed scars)

What is Cica-Care?

Cica-Care gel sheet is a soft, silicone dressing for scar care. It is used on healed scars to prevent or decrease thick scars such as hypertrophic scars and keloids.

Directions for use

1. Open package and lift out Cica-Care sheet.
2. Cut a piece to cover the scar. The Cica Care piece should be just a bit bigger than the scar. For large scars, use several sheets side by side.
3. Carefully peel off the paper and put the sticky side on the scar.
4. Cica-Care may be held in place with an elastic bandage like Tubigrip® or Jobst®, or tape.
5. Keep the unused sheets in the original container and put in a Ziploc® bag.
6. Each piece can be reused until it no longer sticks to the skin.



Recommended use and care

1. Put Cica-Care on for 4 hours per day for the first two days. Put it on for 8 hours a day for the next two days. Increase the time by two hours a day until you reach 24 hours.
2. Cica-Care should be on the scar for at least 12 hours each day. If possible leave the Cica-Care on for 24 hours. It can be taken off when needed to wash.
3. Rinse Cica-Care in clean warm water every 12 hours. Cica-care and scar area dry and reapply Cica-care. Do not use soap for cleaning. Do not use paper products like paper towel to dry the Cica-Care.
Note: In warm weather or when sweating, Cica-Care should be cleaned more often.
4. When Cica-Care starts to break down or cleaning is hard, it should be replaced. Cica-Care normally lasts for 14 to 28 days.
5. Wait 30 minutes after lotion massage before putting Cica-Care on skin.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has:

- A rash that doesn't go away.
- Special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.