

Commissioning Statement

Treatment	Silicone scar gels and sheets
For the treatment of	Silicone gels or sheets are used on healing skin (not open wounds) to reduce redness and try to minimise hypertrophic or keloid scars.
Commissioning position	<p>.....CCG commissions the use of silicone scar treatments when:</p> <ul style="list-style-type: none"> The specialist service recommending the treatment is funded by the NHS and has provided NHS funded care for that patient. <p>AND</p> <ul style="list-style-type: none"> The treatment is for hypertrophic or keloid scars that result from burns, trauma, keloid formation, or surgery and only when one or more of the following clinical criteria are met: <ol style="list-style-type: none"> Scar is functionally disabling Scar results in facial disfigurement <p>Rationale There is a poor evidence base (case studies and poor quality, small trials); hence not commissioned unless the exceptional circumstances as described above are met.</p>
Date effective fromNovember 2019
Policy to be reviewed byNovember 2022
Background information	<p>A full list of Silicone scar gels and sheets can be found in the Drug Tariff under Part IXA-Wound Management Dressings</p> <p>Keloid and hypertrophic scars are common and are caused by a proliferation of dermal tissue following skin injury. They cause functional and psychological problems for patients, and their management can be difficult.</p> <p>A hypertrophic scar occurs when the wound heals to become red, raised and itchy for a few months but will then resolve to become flat and pale. A keloid scar is similar but the scar continues to grow encroaching upon normal tissue.</p> <p>Silicone gels and sheets are available to purchase if patients wish to use these products, where they do not meet the prescribed criteria.</p> <p>Patients who have a high risk of scarring should consider self-care measures i.e. avoid tattoos or piercing. Cosmetic camouflage could be considered where appropriate (www.changingfaces.org.uk/skin-camouflage). These may need to be bought over the counter. Check your CCG's commissioning position.</p>
Summary of evidence /	Silicone gel sheeting for preventing and treating hypertrophic and keloid scars (Review) Cochrane

<p>rationale</p>	<p>https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD003826.pub3/pdf/full</p> <p>“There is weak evidence of a benefit of silicone gel sheeting as a prevention for abnormal scarring in high-risk individuals but the poor quality of research means a great deal of uncertainty prevails. Trials evaluating silicone gel sheeting as a treatment for hypertrophic and keloid scarring showed improvements in scar thickness and scar colour but are of poor quality and highly susceptible to bias.”</p> <p>An Evaluation of Evidence Regarding Application of Silicone Gel Sheeting for the Management of Hypertrophic Scars and Keloids http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2989813/</p> <p>“Few randomized, double-blind, clinical trials have been published that evaluate the efficacy of silicone gel sheeting for hypertrophic scars and keloids. The few trials that do exist are associated with limited follow-up time, given the nature of keloid behaviour, which can emerge up to two years after an inciting traumatic event. Despite the obvious need for more precisely designed research, it is apparent from the limited data that silicone gel sheeting of hypertrophic scars and keloids does benefit patients with a history of hypertrophic scar or keloid formation, and or burn injury, with little risk of adverse effects to the patient. Although additional studies are needed with all therapies used to treat hypertrophic scars and keloids, silicone gel sheeting can be employed, especially as an adjunct in combination with other hypertrophic scar and keloid treatments. As with any therapy, responses may vary, although available data and clinical experience support that many patients may experience a reduction in induration, dyschromia, thickness, and symptomatology associated with hypertrophic scars and keloids after proper use of silicone gel sheeting.”</p> <p>Silicone gel sheeting is an option for paediatric patients who may not be able to tolerate intra-lesional corticosteroid injection.</p> <p>The British Association of Aesthetic and Plastic Surgeons website: Scars and Keloids states that “time is the best healer, as eventually normal scars and hypertrophic scars will mature and become pale.” An information sheet is available from: https://baaps.org.uk/patients/procedures/16/scars_and_keloids</p>
<p>Contact for this policy</p>	<p>Head of Medicines Management</p>