

EFFECTIVENESS OF A SILICONE ADHERENT DRESSING ON POST BURN SCAR

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Introduction:

Over the past 25 years, various silicone products have been used in scar management with varying results. External devices were required to hold the silicone in place, and therefore, cumbersome and difficult to apply. With the advent of adherent silicone dressing, it is our hypothesis that this will improve scar outcome through simplicity of application to any body part.

Method:

We undertook a study to evaluate the effectiveness of a silicone adherent dressing (Mepiform™) on post burn and other traumatic scars in paediatric and adult patients in the outpatient setting. Inclusion criteria were patients with immature scars, that were: (1) hypertrophic, (2) erythematous, (3) pruritic, and/or (4) painful. Data sheets were completed during the clinic visit. Evaluation categories included: type and location of scar, purpose of application, burn team and patient/family assessments.

Results:

To date, 87 patients have been enrolled. Mepiform™ was primarily applied to healed burn or graft margins (90%). The most common scar sites were the face, chest and forearm (43%). Median time from injury to application was 74 days (range 15-247). Median wear time from application to completing use of Mepiform™ was 175 days (range 26-280). The most common purpose of application was hypertrophic scars (89%) and 50% of these patients also reported problematic itching prior to application of the dressing. Only one patient was dropped due to non-compliance. Follow-up data was available on 35 patients (42%) with the following outcome:

Team Assess	Flatter Scar 37%	Softer Scar 34%	Paler Scar 49%	
Pt/family Assess	Feels Better 60%	Looks Better 63%	↓ Itch 43%	↓ Pain 20%

Conclusion:

The adherence and simplicity of application of Mepiform™ appear to enhance patient compliance. While not significant, the subjective data suggests improvement in scar quality and patient comfort.