

Care for your scar with Mepiform®

A woman with a burn scar on her shoulder is shown outdoors, wearing a black tank top and a grey cardigan. She is holding a large, textured, grey Mepiform cushion against her scarred shoulder. The background is a blurred green landscape.

Taking the
next step on your
burn recovery
journey

The Power of Gentle

Always read the label and instructions for use.
If symptoms persist contact your healthcare professional.


Mölnlycke®

You and your scar

You have come a long way on your healing journey. But when you are recovering from a burn injury, it can take time to return to daily life, whether you have experienced a major trauma or a burn to a smaller area.

Scarring can make everything seem more difficult. Your scar may be itchy or easily irritated. It may pull as you move, causing discomfort. Or the scar may make it difficult for your skin to regulate your

temperature. Also, you may feel self-conscious about your scar. It can affect how you approach everything, from a trip to the shops to social gatherings.



**Your scar does
not define you.**

As you continue to heal,
your scar should not
restrict you in
daily life.



Every burn scar needs ongoing care over time

With everyday care using a combination of therapies as recommended by your healthcare professional, you can reduce the appearance, redness and height of your scars.

A common treatment for scars is to use silicone, which is recommended by professional bodies worldwide as the gold standard for safe and effective scar therapy¹. There are different types of silicone products available today.

Understand scarring

Scars form in response to injury, sometimes over a year or more, as the wound heals. Collagen builds up where skin tissue is damaged. This can produce a raised or thick, red scar.

Given time, burn scars can become smoother and softer, and fade in colour. But some scars remain thick, wide, red and raised. These are known as hypertrophic scars and are usually confined to the injured area¹.

Every scar is unique

Your scar can be affected not just by the type and severity of burn, but also by your age, gender, skin tone and the location on your body². Burn scars can get worse when exposed to sunlight and UV light. Remember, the way you care for your scar over time could help improve its appearance.

Your scar treatment

Mepiform® is a silicone-based sheet designed to prevent or treat scars. It may contribute to flattening, softening and fading red raised hypertrophic and keloid scars.

Mepiform contains soft silicone Safetac® Technology, which gently adheres to the skin. Mepiform conforms and moves with you, wherever your scar is located on your body.

You can take Mepiform off and re-apply the same silicone sheet for inspection and washing of the skin over a period of up to 7 days. It is easy to remove, without compromising fragile skin. It minimises pain and trauma to your skin when removed and doesn't cause further damage³⁻⁶.



Easy to
remove even on
fragile skin

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Why choose Mepiform®?

- ✓ It is flexible, so it conforms well to your body contours
- ✓ It adheres well, with no need for a fixation tape
- ✓ It is gentle on fragile skin and easy to remove
- ✓ It is showerproof
- ✓ It protects your skin from sunlight and UV rays
- ✓ It can be cut to shape and it is thin (making it comfortable)

Ask your pharmacist
or healthcare professional
for Mepiform



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How to use Mepiform®

- 1 Mepiform should be applied after the wound has fully healed.
- 2 Cut Mepiform to the desired shape and size if needed.
- 3 Apply over the scar, being sure to cover the whole treatment area with a margin of at least 1cm.

Remember to

- Remove Mepiform every day to inspect and clean the skin and then re-apply it. Some patients prefer to do this as part of their daily shower routine.
- Wear Mepiform 24 hours a day during the treatment period.
- Treatment times will vary and depend on the nature of the scar. Expect to wear it every day for several months.

Frequently asked questions about scars and Mepiform®

What kinds of scars can Mepiform be used on?

Mepiform is a solution for everyday scar care to manage the most common types of scars caused by burn injuries – both old and new hypertrophic and keloid scars. It can also be used on closed wounds to prevent hypertrophic and keloid scarring^{7,8}.

What exactly are hypertrophic and keloid scars?

Hypertrophic scars are scars that remain thick, wide, red, and/or raised. They are more likely to be found on wounds in areas of tension and movement (such as the back, chest and shoulders). Mepiform can also be used to help prevent and treat Keloid scars, which are thick, irregular-looking scars that look larger than the original wound.

Can Mepiform be used anywhere on the body?

Yes, Mepiform can be used on any part of the body and can be cut to any shape.

Does Mepiform cause pain when you remove it?

All Mepiform dressings are made with Safetac®. This soft and smooth silicone technology, conforms to the skin's contours. Mepiform adheres well but is gentle on fragile skin. It can be removed and re-applied without losing its adherent properties and is easy to use.

Should a patient wear Mepiform every day?

Yes. For best results, Mepiform should be worn 24 hours a day every day and changed at day 7, or when it has lost its adherence. You should remove Mepiform each day to inspect and clean the skin and then re-apply it. The silicone sheet is flexible and allows for all daily activities. Mepiform is showerproof^{7,8}.

How long will it take until the scar becomes less visible?

The length of scar care varies from person to person. The result also depends on the age, size and shape of the scar, and the other therapies you are using. You should expect to wear Mepiform every day for several months.

Will the scar disappear completely?

Mepiform reduces old and new scars and can be used on closed wounds to prevent hypertrophic and keloid scarring. However, there may always be some evidence of a scar.

Is Mepiform suitable for children?

Yes. When used as directed by your healthcare professional, children can use Mepiform for everyday scar care.

Revolutionise care for people and planet

References: 1. Monstrey S, Middelkoop E, Vranckx JJ, et al. Updated Scar Management Practical Guidelines: Non-invasive and invasive measures. *Journal of Plastic, Reconstructive & Aesthetic Surgery* 2014; 67: 1017-1025. 2. Téot L, Mustoe TA, Middelkoop E, Gauglitz GG. *Textbook on Scar Management. State of the Art Management and Emerging Technologies*. Springer. 2020. <https://doi.org/10.1007/978-3-030-44766-3>. 3. White R. Evidence for atraumatic soft silicone wound dressing use. *Wounds UK*. 2005;1(3):104-109. 4. Zillmer R, et al. Biophysical effects of repetitive removal of adhesive dressings on peri-ulcer skin. *J Wound Care* 2006;15(5):187-191. 5. Waring M, et al. An evaluation of the skin stripping of wound dressing adhesives. *J Wound Care* 2011;20(9):412-422. 6. White R. A multinational survey of the assessment of pain when removing dressings. *Wounds UK*. 4 (1). 2008. 7. Li-Tsang CW, Lau JC, Choi J, Chan CC, Jianan L. A prospective randomized clinical trial to investigate the effect of silicone gel sheeting (Cica-Care) on post-traumatic hypertrophic scar among the Chinese population. *Burns : journal of the International Society for Burn Injuries*. 2006;32(6):678-83. 8. Li-Tsang CW, Zheng YP, Lau JC. A randomized clinical trial to study the effect of silicone gel dressing and pressure therapy on posttraumatic hypertrophic scars. *Journal of burn care & research : official publication of the American Burn Association*. 2010;31(3):448-57.

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