

*Dermatological products aimed to reduce scars are considered to be cosmetic interventions and should not routinely be prescribed on the NHS*

*Examples include: Bio-Oil® and silicone gels (Scarsil®, Dermatix®, Kelo-Cote®...)*

### Introduction

- Bio-oil is claimed to improve the appearance of scars, stretch marks and uneven skin tone. It is a combination of plant extracts and vitamins suspended in an oil base.
- Silicone-based products (gels, sheets) are used to manage post-surgical, hypertrophic and keloid scars.

### Formulary Status

Scar-reducing oils and gels are considered to have limited clinical value. Due to lack of solid evidence<sup>1</sup>, they are not recommended on prescription

### Recommended Actions

- **Do not prescribe Bio-Oil® or silicone gels unless the scar is on a very visible area such as face or hands and causing emotional disturbance**
- Review patients who are getting this treatment prescribed in Primary Care and advise these products are widely available over the counter from community pharmacies and other retailers if still required<sup>2</sup>

### Wiltshire CCG Cost Impact

In the last 12 months, 303 prescriptions for these items have been issued in Wiltshire, with a total cost over **£7,300**

### References

1. Cochrane Library Silicone gel sheeting for preventing and treating hypertrophic and keloid scars (Review): <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD003826.pub3/pdf/standard> (Accessed 6/4/16)
2. NHS Choices – Treating scars <http://www.nhs.uk/Conditions/Scars/Pages/Treatment.aspx>