Strataderm®

scar therapy gel

For professional scar therapy



Stratpharma
Switzerland

The impact of scars



Scars are among the most common and frustrating results after a skin injury (i.e. surgery, accident, disease) and can have a physical as well as a psychological impact.[1]

Abnormal scars can cause unpleasant symptoms and can be aesthetically disfiguring and distressing.[2]

Scars may cause **physical problems** like:[2]

- Itchiness, tenderness, pain and discomfort
- Remaining red/dark and raised without fading
- Movement limitation
- Functional disabilities
- Scar contractures (a wound that crosses a joint or a skin crease)

At times, the **psychological effects** can outweigh the physical ones for even the smallest of scars. For some people, a scar is a reminder of the traumatic event that caused it, which can lead to:[2]

- Disruption of daily activities
- Sleep disturbance, anxiety, depression
- Distress
- Loss of self-esteem, stigmatisation
- Difficulties in social situations
- Diminished quality of life

To date, scars cannot be removed completely, but with effective treatment and good prevention, the **appearance and side effects** of a scar can be improved significantly.
In addition, the likelihood of developing abnormal scars can be reduced effectively if treatment starts **immediately after wound closure**.[3]

Why do we scar?

Scars are the natural outcome of the wound healing process. The more the skin is damaged and the deeper it is damaged, the longer and more complicated the rebuilding process – and the greater chance of developing a noticeable scar.

A **normal scar** usually develops during the first 48 hours after wound closure and fades in 3 - 12 months with an average time of 7 months.[4]

An active **abnormal scar** can grow bigger, remain red/dark, and may cause physical and psychological issues.

Abnormal scarring occurs more often in **higher-risk groups** which include people with darkly pigmented or very fair skin, those who have previously suffered from abnormal scarring, during hormonal changes (e.g. puberty, pregnancy) or when the wound or injury is more severe (e.g. burns, major trauma).

Common types of abnormal scars[5]



Linear hypertrophic scars are red, raised and sometimes itchy. They are confined to the border of the original surgery or trauma. They mature to an elevated scar with increased width. Full maturation can take up to two years.



Atrophic scars are flat and depressed below the surrounding skin. They are generally small and often round with an indented or inverted center. These scars commonly arise after acne or chickenpox.



Keloid scars are raised, itchy scars that extend over normal tissue. They can continue to grow up to several years after injury and do not regress without treatment.



Widespread hypertrophic scars are common after a burn. They are widespread red, raised and sometimes itchy and remain within the borders of the original burn. These scars can develop contractures if they cross joints or skin creases.



Widespread stretched scars appear when a surgical scar gradually becomes stretched and widened. They are typically flat, pale, soft and symptomless scars. They have no elevation, thickening or nodularity which distinguishes them from hypertrophic scars.

How to take care of scars

Exposure – Avoid sun exposure and extreme temperatures.

Chemicals – Scars are very sensitive. Do not use products which contain strong chemicals (e.g. detergents, perfumes, herbal, botanical extracts, etc.)

Clothing – Avoid tight clothing to prevent irritation.

Activities – Avoid exercises or activities that cause tension on your scar.

Treatment options for scars

The selection of the most appropriate treatment can only be made after a thorough assessment of the scar. Concerned patients should consult a doctor when considering invasive therapy options.

Invasive options can be painful and include surgery, steroid injections, cryotherapy, laser and other energy-based devices.

Majority of **non-invasive options** have poor evidence or a placebo effect. They include massage therapy and a large number of different cosmetic creams, oils and lotions.

Gold standard for abnormal scar prevention and treatment[6,7]

Silicone gels (Strataderm) are a non-invasive treatment which is internationally recommended as the first-line scar therapy.



Strataderm - professional scar therapy

Strataderm is a rapidly drying, transparent silicone gel formulation for the treatment of abnormal scars, both old and new.

Strataderm is used for the prevention and treatment of abnormal and excessive scar formation.

Strataderm was developed for the use on all types of scars including those resulting from:

- General and cosmetic surgery
- Trauma and bites
- Burns and chronic wounds
- Acne, and other diseases of the skin.

FILM-FORMING, FLEXIBLE, FULL CONTACT
Strataderm dries to form a thin, transparent and durable protective film that ensures constant contact with the scar (24 hours a day/7 days a week).

HYDRATION
Strataderm is semi-permeable, which allows the skin to breathe and remain hydrated.

PROTECTION
Strataderm protects the scar from chemical and microbial invasion.

ABNORMAL SCAR PREVENTION AND TREATMENT
Strataderm helps to normalise the collagen synthesis cycles, producing a normal mature scar.

SOFTENS AND FLATTENS
Strataderm softens and flattens raised scars.

SYMPTOMATIC RELIEF
Strataderm relieves itching and discomfort of scars.

REDUCES REDNESS AND DISCOLOURATION
Strataderm reduces redness and discolouration associated with scars.

NON-REACTIVE
Strataderm is inert, has no measurable pH, and contains no alcohol, parabens or fragrances, making it suitable for children, pregnant women, breastfeeding mothers and people with sensitive skin.

EASY TO USE
Strataderm is applied once daily*. Strataderm is suitable for all areas of the skin, including exposed areas like the face and neck as well as joints and hairy areas without the need for shaving.

COMPATIBLE
Once dry, Strataderm can be covered by sunscreen, cosmetics, pressure garments or casts.

Clinical results

Linear hypertrophic scar after nevus extraction – chest[8]

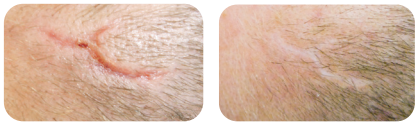
Age of scars before treatment: 14 months
Left scar remained untreated, right scar treated for 2 months



Start of treatment with Strataderm | After 2 months of treatment with Strataderm

Linear hypertrophic scar after trauma – head[8]

Age of scar before treatment: 2 weeks



Start of treatment with Strataderm | After 3 months of treatment with Strataderm

Widespread hypertrophic scar after deep thermal contact burn – face[9]

Age of scar before treatment: 2 months
Age of patient: 6 months old



Start of treatment with Strataderm | After 5 months of treatment with Strataderm



How to apply Strataderm



1. Ensure that the scar is clean and dry.



2. Apply a **very thin layer** of Strataderm to the scar and allow to dry. When applied correctly, Strataderm should be dry in **3-4 minutes**.



3. If it takes longer to dry you have probably applied too much. Gently remove the excess with a tissue and allow the drying process to continue.



4. Once dry, Strataderm can be covered by a physical sunscreen, cosmetics, pressure garments or casts.

- Strataderm should be **applied once daily**, or twice daily to exposed areas, or as required to maintain contact with the affected surface, or as advised by your physician.
- For best results, Strataderm should maintain continuous contact with the skin (24 hours a day/ 7 days a week).
- Strataderm is recommended as a **minimum treatment of 60-90 days.** Larger and older scars may take longer. Continued use is recommended until no further improvement is seen.
- Strataderm **does not need to be rubbed in or massaged** as it does not penetrate through the skin and will not enhance its effect.
- If not completely dry, Strataderm may stain clothing. Normal washing will not remove the product from the clothes. If staining occurs, dry cleaning should be able to remove it without any damaging of the fabric.
- Strataderm **should not be applied over topical medications** unless advised by your physician.

How much Strataderm do I need?



Strataderm is an advanced formulation that requires **substantially less product** per application than typical creams or gels.

5g	Enough to treat a 2-3 cm linear scar for over 90 days
10g	Enough to treat a 5-7 cm linear scar for over 90 days
20g	Enough to treat a 10-14 cm linear scar for over 90 days
50g	Enough to treat an area of 6x12 cm for over 90 days

Stratamed and Strataderm – the complete combination for post-procedure care

Step 1 – Stratamed:

Faster healing and early abnormal scar prevention

- A film-forming, flexible, full contact wound dressing
- Can be applied immediately after suturing or on open wounds
- Promotes a moist environment for faster wound healing[10]
- Allows abnormal scar prevention to begin earlier than ever before (before suture removal)

Stratamed®

advanced film-forming wound dressing



www.stratamed.com

Step 2 – Strataderm:

For the treatment of abnormal scars, both old and new

- Prevents abnormal and excessive scar formation
- Softens and flattens raised scars
- Relieves the itching and discomfort of scars
- Reduces redness and discolouration associated with scars

Strataderm®

scar therapy gel



www.strataderm.com

*Please refer to the Patient Information Leaflet (PIL)
Caution: Always read the label, use only as directed. For external use only. Consult instructions for use. Keep out of reach of children. For further instructions, please refer to the Patient Information Leaflet (PIL).
Ingredients: Polydimethylsiloxanes, siloxanes, alkylmethyl silicones.

References: 1. Atiyeh, B. (2007). *Aesthetic Plast Surg.*, 31(5), pp. 468-492. 2. Bayat, A., et al. (2003). *Skin scarring*. BMJ, 326, pp. 88-92. 3. Gold, MH, et al. (2014), Dermatologic Surgery, 40(8), pp. 825-831. 4. Bond, J., et al. (2008). *Plast Reconstr Surg.*, 121(2), pp. 487-496. 5. Bayat, A., McGrouther, D. (2006). *Br J Hosp Med.*, 67(8), pp. 634-639. 6. Mustoe, T. (2007). Aesthetic Plastic Surgery, 32(1), pp. 82-92. 7. Gold, MH, et al. (2014). *Dermatologic Surgery.*, 40(8), pp. 825-831. 8. Data on file, 2010 (Dr. A. Irwin study). Stratpharma AG. 9. Marini, L., Odendaal, D., Smirnyi, S. (2017). *Dermatologic Surgery*, 43, pp. 85-90. 10. Sandhofer, M., Schauer, P. (2012). *Skinmed*, 10(6), pp. S1-S7.

Manufactured by: Stratpharma AG, Aeschenvorstadt 57, CH-4051 Basel, Switzerland
Sponsor in Australia: Stratpharma Pty Ltd., 4/6 Pryor Street, Eltham VIC 3095; Tel: 1800 567 007

CE Strataderm is Class I Medical Device
Stratamed is Class IIa Medical Device
TGA Registered

Stratpharma Switzerland

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