

Specific Question: Is there evidence to support the clinical effectiveness of Bio-oil for post-surgical wounds, scars or stretch marks etc?

Clinical bottom line

We were unable to find any empirical evidence to demonstrate the clinical effectiveness of the product Bio-oil. However, equally there was no evidence to suggest that it poses any harms to skin or that it has any detrimental impact on wounds, scars or stretch marks.

Why is this important?

Bio Oil is a specialist skincare product that claims to help to improve the appearance of scars, stretch marks and uneven skin tone.

Its advertises an advanced formulation, which contains the breakthrough ingredient PurCellin Oil, which claims to be highly effective for numerous other skin concerns, including aging skin and dehydrated skin.

Bio Oil is formulated with the following natural ingredients: Vitamin A, Vitamin E, Calendula Oil, Lavender Oil, Rosemary Oil and Chamomile Oil

Bio Oil is a non-comedogenic (acnegenic), hypo-allergenic product that is suitable for use by individuals with sensitive skin.

Due to its positive reputation and TV marketing; patients are now starting to ask if it can be prescribed, rather than purchased at a higher price, therefore general practice nurses are keen to know whether there is evidence to support the clinical effectiveness of this product.

<https://www.thehealthisle.ca/products/bio-oil-miracle-product-stretching-truth/>

Search timeframe

From each databases inception to Jan 2018.

Getting Evidence in Clinical Practice:
 General Practice Nurse Evidence Based Practice (CAT group)
 Date: July 2018

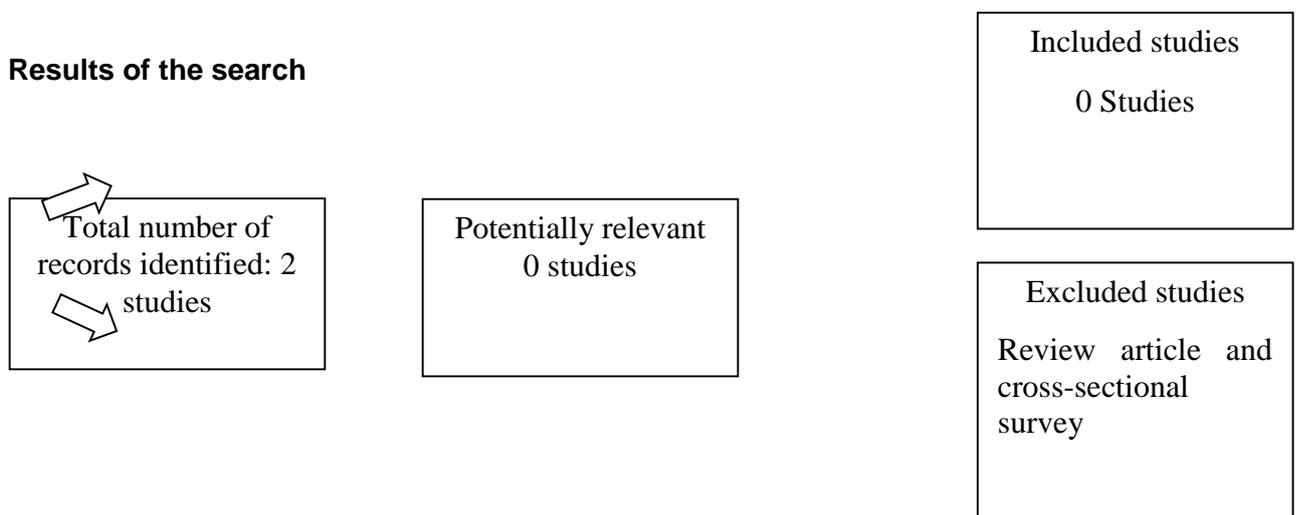
Inclusion criteria

	Description	Search terms
Population and setting		Scars Scarring Surgical scar tissue Surgical wound Dry skin Stretch marks
Intervention or Exposure		Bio-oil
Comparison, if any		Usual care
Outcomes of interest		Reduced scarring Improved wounds Reduction in stretch marks Reduction in skin dryness
Types of studies		SR and RCTs

Routine databases searched

Cochrane systematic reviews, DARE/HTA/NHSNEED, Medline, CINAHL, Embase, Cochrane Central, Web of Science, British Nursing Index, Joanna Briggs Institute, TRIP

Results of the search



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Table 1 – Details of included studies

No studies identified.

First author, year and type of study	Population and setting	Intervention or exposure tested	Study results	Assessment of quality and comments
			▪	
			▪	
			▪	

Implications for Practice/research

We were not able to identify any empirical evidence to support the clinical effectiveness of the product Bio-oil; therefore there is no evidence to suggest this product should be prescribed in general practice. However there is no evidence to show that it causes any harm or has any detrimental impact on post-surgical wounds, scars or stretch marks. Patients can continue to buy this product if they feel it is improving their skin concerns, the study by Brennan et al (2016) suggests that Bio-oil is the most popular purchased skin product.

What would you tweet? (140 characters)

Although we were unable to identify any evidence for the clinical effectiveness of the skin product Bio-oil, there is no evidence of any detrimental effects on wounds, scars or stretch marks.

Reference

Brennan M, Clarke M, Devane D (2016) The use of anti-stretch marks' products by women in pregnancy: a descriptive cross-sectional survey. *BMC Pregnancy and Childbirth* 16: 276