

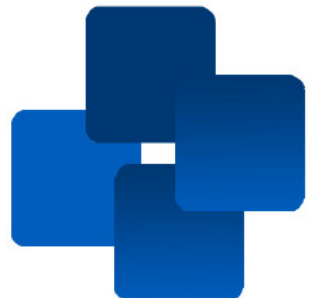
# Burns Information Leaflet

## Department of Plastic Surgery Directorate of Surgery



[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

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## Burns Information Leaflet

The purpose of this leaflet is to provide patients who have a burn injury with advice about how to care for their wound at home.

### Wound care advice:

- Unless you have been given other instructions, shower daily to wet your wound and pat dry carefully with a soft towel.
- Dressings should be changed daily. Arrangements can be made for the district nurse to visit you at home.
- Healing burns require moisture because sebaceous glands are unable to secrete sufficient lubricating oils. Water-based moisturisers are recommended as oil-based lotions can block pores<sup>1</sup>. Apply moisturiser with a firm pressure in a tight circular motion to massage the healed burn. Massage for ten minutes, about four to six times per day.
- If you have been given a pressure garment, continue wearing it for at least twelve months and pressure breaks should not exceed thirty minutes per day.
- Exercise normally and regularly to prevent contracture (tightened skin) over joints and to restore function.
- Burn injury must not be exposed to direct / indirect sunlight (ultraviolet rays or UV rays) for up to two years (donor sites for six months)<sup>1</sup>. This is to avoid sunburn to new skin and hyper pigmentation of scar tissue.
- For facial burns, brimmed hats and high factor sun blocks are recommended.
- Pruritis (itching) is common in healing and healed burn wounds, although it is much worse in healed wounds. Do try not to scratch as it will damage newly grown skin and cause further scarring.

## **Any concerns, please call:**

Dressing Clinic (8am - 4pm, Monday - Friday)  
01438 314333 Ext. 4767

## **Self help and support groups for interested patients:**

Scar Information Service  
[www.scarinfo.org](http://www.scarinfo.org)

British Association of Skin Camouflage  
[www.skincamouflage.net](http://www.skincamouflage.net)  
Nationwide service in cosmetic camouflage.

Changing Faces  
[www.changingfaces.co.uk](http://www.changingfaces.co.uk)  
Support for children, their parents and adults with disfigurement.

Face to Face  
[www.face2facenetwork.org.uk](http://www.face2facenetwork.org.uk)  
Aims to help people with facial, head and neck disfigurement.

Let's Face It  
[www.lets-face-it.org.uk](http://www.lets-face-it.org.uk)  
Links people with facial disfigurement and their families with resources

Disfigurement Guidance Centre  
[www.timewarp.demon.co.uk/dgc.html](http://www.timewarp.demon.co.uk/dgc.html)

## **References:**

<sup>1</sup> Devil-Rooney, K., James, W. (2005). Management and prevention of abnormal scars. *Nursing Standard*. 19 (28): 45-54.

[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

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