

Support

Should you require on-going support following a burn injury links to support groups and charitable organisations can be accessed on the Northern Burn Care Network website:

<http://www.nbcn.uk/patients/useful-links.htm>

Alternatively please feel free to contact the Burns Unit for advice.

Contact details: **0151 430 1540**.

If you wish to discuss your wound care, please contact the Burn Nurse Specialist on: **0151 430 1540**.

Other Useful Contacts

If you wish to discuss your treatment with a Physiotherapist or Occupational Therapist, please contact the therapy room:

0151 426 2243

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

www.MerseyWestLancs.nhs.uk

NHS

**Mersey and West Lancashire
Teaching Hospitals**
NHS Trust

How to care for your facial burn following discharge

Patient Information Leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Author: Consultant
Department: Mersey Burns Centre
Document Number: MWL2184
Version: 001
Review Date: 01 / 05 / 2027

Dressings

Usually faces are left without dressings so that they can dry out. Your face may feel tight and a little uncomfortable, this is normal and you should not worry. Please ensure hands are cleaned thoroughly if you or someone else needs to touch your wound at any time.

Do not be tempted to pick off any scabs that may form, as they will bleed and lead to scarring. If you have a beard, **do not** shave the area until completely healed. The nurse in dressing clinic will advise you when you can start shaving again.

On discharge you may be given a special gel to apply to your face twice daily. You will only receive this once hard scabs have formed, the gel helps the scabs to gently lift from your face.

Sleeping upright will reduce risk of facial swelling.

If necessary, please take your painkillers at least 45 minutes before your clinic appointment, treatment room appointment or visit from the Community Nurse to help your pain relief during a change of dressing.

Appointments

Before you go to the Dressing Clinic, an appointment will be arranged for you as necessary for either a treatment room visit or a Community Nurse visit. You may be given some spare dressings, further dressings can be prescribed by your GP should they be required.

Contacts

The correct contact phone numbers for you will be given at your discharge and can be found on the back page of this leaflet. Out of hours Community Nurse contact numbers for your area can be obtained from your GP surgery.

Exercises

If you have been given exercises it is very important that you continue to do them as you were shown.

Problems

Please contact the Burns Unit if you have any of the following problems:

- Very swollen face
- Pain that is not relieved by taking your pain killers
- Bleeding that will not stop after applying gentle pressure
- Redness that's hot to the touch and goes past the end of dressing.
- You feel generally unwell.

Dressing Clinic

You will be given an appointment to attend Burn dressing clinic. **It is important that you keep this appointment.** Please contact the clinic straight away on **0151 430 1540** if you will not be able to keep your appointment.

If you have not received your follow up appointment as discussed on your discharge please ring 0151 426 1600 and ask for your Consultant secretary.

If an ambulance has been arranged for you to return to the dressing clinic, **please be ready 2 hours before** your appointment time. This is because ambulances sometimes collect patients early and cannot wait for you to get ready.

Aftercare

The nurse in dressing clinic will inform you when your wound/s completely healed. Once completely healed you can begin to wash the areas with a mild non-perfumed soap and pat dry with a clean towel. You will be shown how to massage the area twice a day with a moisturising cream.

Keep your healed area out of the sun or apply a total sun block for the next 2 summers as newly healed skin burns very easily in the hot sun.