

Outpatient Appointments

If you are expecting an outpatient appointment but do not receive one please contact your Consultants secretary.

If you would like to comment or know more about Therapy Services please contact: 0151 430 1237

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

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.

Caring for your skin following a burn injury

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 کنند.

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.

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

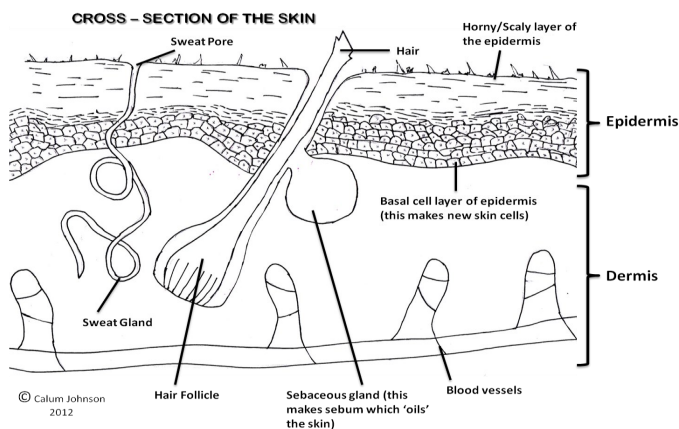
St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Introduction

You have sustained a superficial burn injury. A superficial burn is a burn which damages the uppermost layer of the skin only (the epidermis).

The epidermis has a layer of special cells which can replace the skin cells damaged by the burn, enabling the injury to heal, without causing permanent scarring. However, this healing process may take 3 to 4 weeks, and it may be a further 6 -12 months before the skin returns completely to normal.

Care of your healed skin



The newly healed skin is delicate, and requires care and attention to protect it and ensure that the best cosmetic result is achieved.

Newly healed skin may be very dry. This is because glands which produce the skin's natural oils have been temporarily damaged by the burn. It may take as long as 2 years for these glands to recover fully.

Prior to cream massage, ensure the skin is clean and dry. Wash the skin with unscented, mild soap and pat dry with a towel. Apply a small amount of cream with the fingertips and massage in to the area using firm circular pressure, until all the cream has been absorbed.

Avoid friction on the skin.

Regular massage in this way helps keep the skin soft and supple, and can help prevent scar tissue formation. It is important not to apply too much cream as this can lead to blocked pores, which may cause the skin to blister and break down.

Care in the sun

The newly healed skin is delicate and very susceptible to sun burn, even on overcast, cloudy days. It is strongly recommended that you apply factor 50 sun creams to the area for 2 years following a burn injury. This will prevent sun-burn and permanent skin discolouration.

Things to look out for

Initially, the newly healed skin may appear quite red. The colour may change depending on whether you are warm or cold; appearing very red when warm and bluish or purple when cold. This is a normal part of the healing process and should settle within 6 months or so.

Over a period of time (up to 1 year after injury), the skin should return to normal.

Signs which may indicate that it is not settling as expected include:

- Red, raised, thickened or lumpy scarring
- Tight bands of scarring causing reduced movement
- Frequent breakdown of the skin
- Very sensitive, painful or itchy scarring.

If you develop any of the problems above, or you have any concerns about the way your skin has healed, please contact your named therapist on the telephone number shown on the front of this leaflet.