

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

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.nhs.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

If you wish to discuss your treatment with a Physiotherapist or Occupational Therapist 0151 426 2243

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



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St Helens and Knowsley
Teaching Hospitals
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How to care for your facial burn following discharge

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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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 may 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 Burn Unit if you have any of the following:

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

Dressing Clinic

You will be given an appointment to attend Burn Dressing Clinic.

Please contact the clinic straight away on 0151 430 1540 if you will not be able to keep your appointment.

If an ambulance has been arranged for you to return to the dressing clinic, please be ready at least 2-3 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 is/are 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.