

Clinical Psychology

If you are experiencing any problems or memories from your injury which are affecting your daily living, please tell your therapist, who can refer you to the Burns Clinical Psychologist.

Scar review clinic

On your last visit to Dressing Clinic, a Therapist will assess your scar in order to advise you how to carry on treating your scar. An appointment will be made for you to attend the scar review clinic. At this appointment, your scar will be reassessed to make sure that it is maturing. If there are no further problems at this stage then you will be discharged. If after discharge you have any further problems then you can ask your GP to refer you to our service.

Further surgery

If it has been discussed with you that you may need further surgery then an appointment may be arranged for you to see the Burns Consultant. At this appointment the options would be discussed.

Outpatient Appointments

If you are expecting an appointment **but** do not receive one, **please** contact your Burns/Plastics Consultant secretary. Contact them via Whiston Hospital Switchboard on 0151 426 1600

Therapy Team Contact Number

0151 426 1600 Ext 2243

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

 /sthknhs  @sthk.nhs
www.sthk.nhs.uk

Advice from the Burns and Plastics Therapy Team on caring for healed burns and skin grafts

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.

Name of your Therapist: _____

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Caring for healed burns and skin grafts

It is very important to ensure that you monitor your skin condition carefully. Healed skin can break down. This can be for a number of reasons, advice within this leaflet aims to advise you how to avoid skin breakdown and what to do if it occurs.

General skin care

The damaged skin and the surrounding area should be washed at least once a day. A mild, unperfumed soap should be used. A build up of cream and dirt on the skin can lead to blackheads or spots and potentially skin breakdown. Some people may experience a reaction to the cream such as: a rash, itching or burning sensations after application. If this occurs, please contact your therapist at Whiston Hospital.

Massage and Moisturising

Massage and the application of cream is an important part of ongoing care of the skin. Healed skin can become very dry and itchy if the oil producing glands are damaged. However, it is important that you only apply cream to the healed areas of skin, avoiding any broken areas. Massaging the scar can help to place pressure over the scar. It must be done in a firm circular movement. This will help to soften the scar and aid absorption of moisturising creams.

How often do I need to apply the cream?

The healed area should be managed three times per day and after bathing/showering.

Pressure garments

Scars can undergo many changes. The tissue can become raised, red and hard. As this happens movement may become more difficult and restricted. Pressure garments are designed to place a precise amount of pressure over the scar areas in order to flatten, soften and help to pale the skin. Your therapist will assess whether you need a pressure garment. If you do, then you will be given an appointment to be measured for the garment.

You will then have to return to the hospital to be fitted with the garment. If this is required, then advice and information will be provided to you by your therapist. Pressure garments need to be worn from 6 to 24 months. Advice will be given to you regarding how long you need to wear the garment.

If there is any skin breakdown, then the garment must be removed and you must seek advice from your named therapist immediately.

Sunlight

Exposure to direct sunlight should be avoided, as the scar area will burn easily. If exposure to the sun is avoidable then total sun block should be applied regularly to the scar area. If you have a pressure garment, total sunblock should be worn underneath when in the sun. Areas such as the face should be shaded with a hat.

Exercise

Exercise is important as it can prevent the skin from tightening and contracting. Contact sports should be avoided until the scar has healed as it will be sensitive and thin, therefore prone to damage. You can return to swimming when your scar/s have fully healed. It is important to wash all of the chlorine from your skin afterwards and then to apply cream to prevent the skin becoming dry and itchy.

Support Group

There is a support group held at Whiston Hospital. It is run by qualified nurses from the Burns Unit. Partners are welcome to attend.

For more information, contact the Burns Unit (4D) 0151 426 1600 Ext 2349

Cosmetic Camouflage

A cosmetic camouflaged clinic is available. Your therapist can refer you to the Cosmetologist who will provide you with advice. Your GP or Burns/Plastic Surgeon can also refer you to this service.