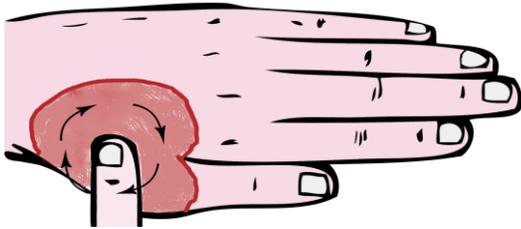


Initially, in the early days after burn healing, your skin will be fragile and thus it is important to start massaging gently.

Once the skin is able, you can begin more firm massage (generally 1-2 weeks after your burn has healed)

Massage the scar in circular motions with firm pressure once your skin is able to handle it. (Tip - you'll know if your being firm enough when your nailbed turns white)

If your scar crosses a joint, you can use linear strokes instead of circular so that the underlying joint is stretched and your skin isn't limiting movement.



What if my scar doesn't improve?

Sometimes, scars can become problematic and may need further input from your Plastic Surgeon or need Occupational Therapy (OT) advice.

If your scar becomes red, raised or begins spreading beyond its original borders, you should contact your consultant for advice.

Some ways in which we can manage scars beyond what you've already been doing include silicone application, pressure therapy, steroid injection and scar revision.

Make sure to contact your OT or your consultant if you are unsure about the management of your scar or burn.

Details about your burn

Additional Instructions

Your Consultant:



Burns and How to Manage them.



Cork University Hospital Contact

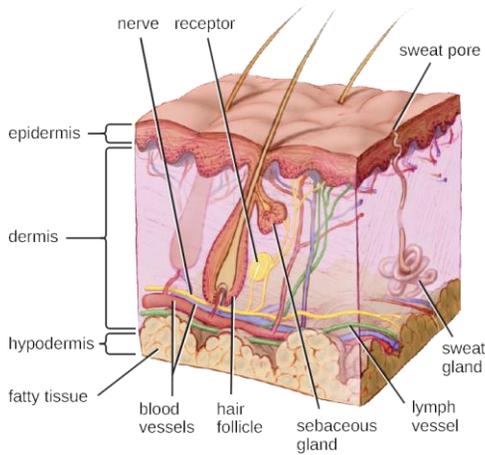
OT phone number:

Seahorse Ward

Dressing Clinic:

Introduction to burns

Your skin has 3 main layers:



A burn is a type of injury that can cause damage to these layers. It is usually caused by heat but can be caused by cold, electricity, chemicals, friction or radiation. There are three main classifications of burns that we use to describe the severity of the burn:

1. A superficial burn is one in which only the top layer of the skin is burned (eg. Sunburn). You will notice your skin is red and painful and in most cases you will have no long term damage.
2. A partial thickness burn is one in which the top layer and part of the middle layer is damaged. In this case, you may notice some blisters forming on the skin. Depending on the depth of the burn, you may or may not feel pain.
3. A full thickness burn is one in which both the top layers of your skin have been completely burned. In this case your skin may look white and leathery and you may not have any sensation over the affected area.

How burns are treated.

Your doctor will first assess the severity of the burn and the amount of your skin that is affected.

In most cases of superficial and partial thickness burns, appropriate dressings will be all that is required to optimize wound healing. However in some cases, where the burn has caused damage deep into the skin, surgical intervention may be necessary.

Based on the findings on clinical examination you will have been given an type of dressing that best suits you.

These dressing you have will ensure that your wound surface is protected and that your burn healing is optimized.

Your dressings have to be regularly changed and this can be done by yourself, by a public health nurse, by your GP or by our staff in the dressings clinic.

If required, we will see you in our dressings clinic to ensure that your burns are healing well and to change your type of dressings if necessary.

What should I look out for?

In general, burns do not require antibiotics and your dressings will protect against infection.

However should you notice any of the following please see your doctor in the first instance:

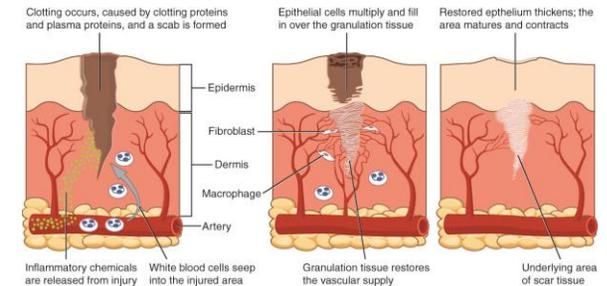
- Fever
- Redness that is spreading from the site of the burn
- Malodour from the burn
- Vomiting/Diarrhoea

Will I have a scar?

It is important to understand that a scar is a part of normal wound healing. However, as a rule of thumb, most burns that heal within 2 weeks do not leave a lasting scar.

You may be more likely to have a lasting scar if:

- You have a darker skin tone
- Your burn took more than 2 weeks to heal
- You needed surgical treatment for your burn



How can I manage my scar?

If you want the best possible aesthetic outcome for your scar it is important to start treatment early and continue consistently.

Sun protection is imperative! Cover the affected skin for the first few months after your burn has healed. Also ensure you use high factor 50 sunscreen on the affected area to optimise appearance.

One of the best things you can do for a good aesthetic outcome is to massage and moisture your scar once the burn has fully healed. Do this at least twice daily for 5-10 minutes for the first 3-6 months.

You can use any moisturizer that suits your skin type such as E45. Massaging the affected area will help to break down the scar tissue and help flatten the skin. It will also help with improving sensation to that area.