

Burns & Plastic Surgery Treatment Centre Follow-up Care for Burn Wounds

AIM

- To maintain skin integrity and prevent breakdown and infection
- To ensure adequate nutrition to encourage skin healing
- To maintain full range of movements using physiotherapy measures and exercises
- To limit scarring using pressure/garments

METHOD

- Daily bath and dressing changes allow for close inspection of wounds, and wound healing. Children are bathed either in the home or in the burn outpatient clinic (BPTC). Any open areas will be dressed with Bactigras (a Vaseline gauze with an antibacterial), then covered with Webril (a cotton bandage). The wound areas are bathed in clean water without any soap, as this can dry out the wound. The child is then dried and all healed areas are moisturised by rubbing in sorbolene cream. A small amount only is required, and is rubbed into the skin until absorbed. The dressing is then applied, followed by the pressure garments.
- Burn/wound patients require adequate nutrition to aid in the body's healing process. Foods high in protein have been shown to be most beneficial for skin healing. These include cheese, milk, yoghurt, custard, baked beans, fish, meat, etc. Encourage your child to eat and drink as many of these foods as possible.
- Physiotherapists are involved in the wound care from initial visit, and for months or years afterwards. The physiotherapists utilise splints and exercise regimes to ensure that full range of movements are maintained. These need to be attended as instructed to ensure the child has the best opportunity of returning to full movement in the affected areas.
- The child may be given pressure garments to reduce the amount of scarring. The garments are to be worn at all time except for bathing/showering times. Whilst 1 garment is being worn, the other is being washed to be worn the following day. The garments come with care instructions please read these prior to washing. They need to be hand washed daily with a liquid detergent and hung to dry in the shade.
- If garments are not required your child may be given a special pressure dressing. You will be instructed on the care and application of these dressings.

DAILY CARE PLAN

- Daily to second daily dressing changes either at the burn clinic (BPTC) or at home.
 - Prepare any dressings/pressure garments
 - Ensure a clean environment/bath prior to procedure
 - Remove old dressings/pressure garment
 - Wash in bath – no soap/shampoo onto the affected area as this dries out the wound. Do not use bubble-bath or any other bath products in the water
 - Watch for open, bleeding, pimple or blistered areas
 - Wash hair and other areas of body as normal
 - Dry body after bath, patting any open areas lightly.
 - Sorbolene cream to all healed areas. A small amount only, rubbed in until absorbed. Do not rub sorbolene on any area having the Hypafix (sticky tape dressing) as this will stop it from sticking
 - Bactigras (vaseline gauze) to open areas. Cut this to the size of the open area only. Wrap the left over Bactigras in glad wrap and keep in the fridge until used.
 - Webril (cotton wool bandage) to hold Bactigras in place, and to add protection and pressure to the wound area.
 - Dress with bandages, pressure dressing or pressure garments to cover webril. Do not bandage too tightly as this can cause damage, they should be firm but not tight.
 - If bandages are not required use pressure dressing such as hypafix, coban or comfeel, as directed by the staff.
- Encourage walking and full movement. Carry out exercises as instructed by physiotherapists.
- Use splints as instructed by physiotherapists.
- Protect from the sun, even if it is cloudy, as the new skin is very fragile and susceptible to sunburn and damage.
- Pimples can occur due to damage to the sweat glands, this is normal. If the area breaks open dress as you would any other open area.
- Burns can be very itchy, keep a close watch on your child to ensure they are not scratching away the newly healed skin. Give antihistamines such as Vallergran as required. **NB Itch is often worse at night time**
- Encourage high protein foods and drinks such as milk, cheese, yoghurt, custard, baked beans, fish and meat. These are all high in protein. Encourage a diet high in these products.

If there are any problems either about the wound or anything to do with the issues mentioned above contact someone immediately.

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