

THIS LEAFLET HAS BEEN GIVEN TO HELP YOU AND/OR YOUR RELATIVE LOOK AFTER YOUR FACIAL BURN INJURY

IN GENERAL, FACIAL BURNS WILL HEAL WELL WITH GOOD FACE CARE.

YOU MAY EXPERIENCE

- ◆ PEELING OF THE SKIN
- ◆ DISCHARGE OF FLUID THAT MAY DRY IN TO SCABS
- ◆ SWELLING (ESPECIALLY ACROSS THE EYES)
- ◆ PAIN
- ◆ TIGHTNESS
- ◆ ITCHING

FACE CARE IS IMPORTANT TO REDUCE RISK OF INFECTION (THAT COULD DEEPEN THE LEVEL OF DAMAGE TO YOUR SKIN). GOOD FACE CARE CAN MAKE YOU FEEL BETTER AND ACCELERATE HEALING TIMES.

FACE CARE WILL CONSIST OF :

- ◆ FACE WASH
- ◆ APPLICATION OF CREAM
- ◆ GENERAL HEALTH
- ◆ FACIAL EXERCISES

If you have any
concerns please
contact

**St Andrews Burns Service
Broomfield Hospital
(Chelmsford)**

Adults 01245 516186
Children 01245 516973
Outpatients 01245 516008

Chelsea & Westminster

Hospital (London)

Adults 0203 3153785
Children 02033 153706 /
0203 3153707

Queen Victoria Hospital

(East Grinstead)

Adults 01342 414440
Children 01342 414469

**Stoke Mandeville Hospital
(Aylesbury)**

Adults and Children 01296
315040

www.lsebn.nhs.uk

NHS

London and South East of England Burn Network

How to Care for your Facial Burn Injury

Reviewed 2020



Step 1: Face Wash

It is recommended that you wash your face three times a day

1. The injury site may be tender, think about timing care with pain relief as this will reduce any discomfort
2. Use a gentle / mild non perfumed soap
3. When washing try to gently remove and dried cream/ scabs that may have formed on the wound bed from previous application (This may require the use of a soft wash cloth.)
4. Pat dry the area with a clean towel.

Step 2 : Application of Cream



The cream that has been prescribed for you is :

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Please ensure you read the information leaflet that comes with your cream to apply cream appropriately. This will highlight any safety / allergy information around use of cream.

Areas for consideration during application are eyes/ears/mouth and nostrils, please ensure you follow your healthcare professionals instructions.

Important

Some creams used in face care can be flammable please let your healthcare professional know if you are a smoker as this may change your treatment pathway

Liquid paraffin = Flammable

OTHER ADVICE

GENERAL HEALTH

- ◆ KEEP INJURY SITE WARM
- ◆ EAT A HEALTHY DIET
- ◆ PROTECTION OF AREAS FROM FURTHER DAMAGE
- ◆ KEEP AREA OUT OF DIRECT SUN LIGHT
- ◆ ONCE HEALED DISCUSS SCAR MANAGEMENT WITH YOUR

Facial Exercises

Whilst your skin is healing following a facial burn it is important to keep the face moving.

If you do not move the skin can tighten and cause problems, especially around the eye lids or corners of the mouth. Exercises should be done regularly throughout the day, ideally once an hour. You may need to take pain relief to allow you to do the movements.

Practice the following movements

1. Opening and closing your mouth fully
2. Purse your lips
3. Close your eyes tight shut
4. Open your eyes wide
5. Smile
6. Raise your eye brows
7. Frown and crease your forehead

When speaking, eating and drinking try to allow your face to move naturally as this will also exercise and stretch the healing skin.