

Contact details

Care of Burns in Scotland (COBIS)
National Managed Clinical Network

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Notes

Facial Burn Injury Information Leaflet



Plastics Directorate Specialist Services

Following your injury our main aim is to heal the burn wound, restore function and minimise scarring. The face has a unique blood supply that supports remarkable self-healing, but to assist we need you to follow the instructions of the medical and nursing team.

Information that is required by the medical/nursing staff

- It is important that you tell the doctor exactly how the injury occurred.
- The time you were injured and for how long?
- If you carried out any first aid following the injury, with what and for how long?

What to expect

The doctor will ask you about your injury and about you, they will be keen to know about any medication that you are prescribed and about any medical history that you may have. You will then have a photo taken of the injury.

The doctor will then decide on the best course of treatment for you. This treatment may involve

- Applying Prontosan Gel to the face to form a barrier layer over the burn and keep the skin hydrated.
- Moisturising the intact / unburned skin to ensure that the skin does not become tight especially around your mouth, which may hinder you from eating and drinking.
- Depending on the injury a dressing may need to be applied to the area.
- It may be necessary to take you to theatre but this will be discussed with you in more detail by the medical staff.

Because of the swelling to the face, you may need to be admitted to the ward. You will be reviewed on a daily basis and your treatment will be discussed with you.

You will be asked to shower daily, but please do not apply soap to the face. You must pat the area dry following the shower. Men should continue to shave to reduce infection, unless instructed otherwise.

The nurses will monitor the skin to ensure it is healing well. Depending on the injury you may need to be reviewed by the ophthalmic team, to ensure you have not experienced any damage to your eyes.

Depending on the injury you may need to be assessed and treated for an inhalation injury. The smoke/burns you have been exposed to, can cause damage to the windpipe and lungs.

Important points

Please ensure that you:

- You follow any further instructions requested by the medical/nursing team.
- You wash your hands with soap and water prior to applying moisturiser to your face.
- You ensure that you sit upright to allow any swelling to settle and when in bed sleep with extra pillows. It is very important that you do not lie flat as this will increase the swelling to the area.
- You move your face, open your mouth as wide as possible and rotate your jaw around. Also insert clean fingers into each corner of your mouth and stretch out.
- You drink plenty of fluids.
- The wound is not allowed to dry out.
- You do not go into smoke filled or dirty atmospheres, as this will increase the risk of infection.
- Once the face has healed, it is vital that you do not become sunburnt as this may permanently discolour the face. We advise you to apply total sun block to the face when exposed to the sun and also wear a hat. Be particularly careful on windy days.

Once the face has healed, please follow the instructions in the Scar Management leaflet, which staff will provide.