

Contact details

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Notes

Scar tissue and contractures (leaving hospital)

Information Leaflet



Leaving hospital can be a busy time for you and there is often a lot to remember.

This information sheet should help remind you of the important things to do to continue preventing contracture.

Important information for you

Just because you are leaving hospital, doesn't mean that your scars will stop tightening. In fact, without your therapist, nurses and doctors around to remind you about your exercises, it is even more important that you understand what to do and when to do it.

What should I do when I leave hospital to prevent contractures?

Before you leave hospital, your therapist will come and see you to review your treatment and give you a home exercise programme. It is very important that you continue to do the following when you leave hospital:

- Exercise
- Stretch
- Scar Massage
- Positioning
- Wear any splints your therapist has advised

It is very tempting to take a break from your therapy programme when you first leave hospital. However, it is so important that you continue with your treatment.

Remember, scar tissue can take 2 years to mature and what you do when you leave hospital continues to count.

Think about how you sit and where you rest your arms and legs. Try to set up and continue an exercise routine at home. Your therapist can give you some tips on how to fit all your exercises into your day. An exercise diary may also help you to keep track of what to do and when.

Your therapist will organise an outpatient appointment for you to see a member of the Therapy team. If you haven't received an appointment before you leave hospital, please ask the ward staff. If you have any questions once you are home please call the Burns Therapy Department.