

# CARING FOR YOUR MINOR BURN INJURY USING FIXOMULL RETENTION DRESSINGS

## CARE WHILST HEALING

1. **KEEP DRY** for the first 24 hours—you may need to dry the surface during this time - do so with a clean tissue.
2. **WASH TWICE DAILY** over the dressings with simple soap and water, removing any crusting or yellow/green fluid that may collect there. **DO NOT REMOVE THE DRESSING.** It will not come off easily in water. Attempts to remove it will cause pain and damage the healing tissue.
3. **DRY THOROUGHLY** using a towel to pat dry.
4. If soaked in water for over 5 minutes the dressing and wound will become soggy and increase the risk of infection
5. **AVOID ACTIVITIES** that may cause injury to the wound and lead to bleeding or infection, **e.g. DIGGING IN SAND, SWIMMING, GARDENING, AND MECHANICAL REPAIRS.**
6. **IF WOUND BECOMES RED AND HOT** with an increase in pain or swelling beneath the dressing, or if blisters form then return to the Dressings Clinic for review by the nurse.

## REMOVING YOUR FIXOMULL DRESSING

1. Coat dressing in oil (olive, peanut, baby, vegetable) making sure the dressing is well soaked.
2. Wrap the dressing in glad wrap and a Handy crepe bandage if necessary to prevent oil from staining your clothing or bed linen or cover with an old clean t-shirt or sock.
3. Leave glad wrap in place for a minimum of 4 hours. This can be overnight.
4. Wash carefully in shower/bath to remove the dressing.
5. Simply cover again in fresh glad wrap to prevent raw areas from drying and hold in place with bandage or clothes.
6. Your wound can now be easily assessed at the clinic when you arrive.

## CARE OF YOUR HEALED BURN

**Once the skin has healed it will be fragile and need care and protection.**

1. Retention dressings may be used to protect the surface and possibly reduce scar thickening for a period after healing. Fixomull can be left in place until it comes off by itself. If it gets dirty, you may wish to change it before it comes off naturally. It usually stays on for about 5-7 days. If at 2 weeks post healing the scar is of concern to you, please contact your doctor.
2. The glands in the skin take time to recover. Moisturizing creams need to be applied and continued for several weeks. Massage the moisturizing creams into the skin. It prevents drying, cracking and reduces possible secondary infection. It can also help to reduce itching and increase comfort.

Appropriate creams are available from the supermarket or local chemist at competitive prices e.g. Caroline, Lanoline, Oily Glycerine. 3. Avoid the sun. The pigment cells need time - one or two years to recover - sun block (15+), hats and protective clothing are a must.

**Please remove your dressing on:**

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**Review appointment is:**

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**Please phone the surgery if you have any concerns.**