

## Burns Team Contact Details

**For more information about any of the services please contact a member of the Burns Team.**

Burns Unit  
Tel: 0151 252 5400  
Open 24 hours seven days a week

Occupational Therapy Dept  
Tel: 0151 252 5453  
Open Monday-Friday  
9.00 am-5.00 pm

Physiotherapy Dept  
Tel: 0151 252 5236  
Open Monday-Friday  
9.00 am-5.00 pm

Psychology Dept  
Tel: 0151 252 5586  
Open Monday-Friday  
9.00 am-5.00 pm

*This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.*

*This information can be made available in other languages and formats if requested.*

# Burns Unit

## Pressure garments

Information for patients, parents  
and carers



# Introduction

Pressure garments are an important part of the after-care of some children who have had a burn injury. They are individually fitted and made from Lycra material. The garment produces a firm and even pressure over affected areas. Wearing garments can help improve the type of scarring that can follow injuries such as burns and scalds. Hypertrophic scarring is raised scarring which contains tiny fibres that cling together and can give a lumpy appearance. Pressure garments can help flatten this type of scarring.

## When should pressure garments be worn?

As soon as possible after healing is complete. Staff at the Burns Unit will tell you when this is.

## Will there be any problems at first?

If there is any swelling, feeling of pins and needles or rubbing of the skin in the first 24 hours, take the garments off and telephone the Burns Unit immediately for advice.

## Will the pressure garment be comfortable to wear?

It has to be tight-fitting to be effective and it may take a while for your child to become used to it.

## How long will the pressure garment be worn for?

This will vary from child to child and will depend on how the scar responds to treatment. Pressure garments can be worn for up to a year.

## Will the pressure garment still fit as my child grows?

The fit will need to be reviewed every 3 months

## How should we care for the pressure garment?

- It should be hand washed each day in lukewarm water using a mild soap or washing powder.
- It should be dried at room temperature or on a clothes line.
- The pressure garment will be ruined if you dry it on a radiator, near a fire or in a tumble dryer.

## When should it be worn?

It is very important that it is worn day and night and only taken off when washing and massaging the skin.

## Why should I massage the skin?

It can often help to relieve discomfort and itchiness.

## When should I massage the skin?

After washing with unscented soap and patting the skin dry. You should massage using a moisturising cream at least 3 times a day. You must wash the cream off once a day.

## What other clothing should my child wear?

Loose cotton clothing should be worn next to the pressure garments, then the child's usual clothing over this.

## Will the sun damage my child's skin?

It is essential to protect the skin by the use of a total sun block cream with a factor of 50-60.

## Will exercise help my child recover?

Swimming is encouraged as it helps to exercise the limbs.

Your child will need to shower thoroughly after swimming to remove any trace of chlorine and moisturising cream should be applied.

