

# Face Burn Care

Your Care



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## Information for patients and carers

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### Important contact information

#### Victorian Adult Burns Service at The Alfred

55 Commercial Road,  
Melbourne VIC 3004

03 9076 2000

[bnp@alfred.org.au](mailto:bnp@alfred.org.au)

[www.vicburns.org.au](http://www.vicburns.org.au)



### Caring for your face burn

The aim is to have your face burn healed within 10-14 days. Healing within this time frame minimises the risk of scarring. To achieve this, you will be supported to look after your face burn independently.

***Paraffin is flammable.***

***Do not smoke or be near open flame.***

### You will need

1. A shower, clean bowl or bathroom basin
2. A mild wash solution (e.g. Dermaveen Soap Free Wash®)
3. Clean cloths (face washer or similar)
4. Clean towel
5. Paraffin ointment (50% white soft & 50% liquid paraffin ointment e.g. HealthE, Dermeze®)
6. Mirror
7. Razor / clipper
8. A simple moisturiser (e.g. DermaVeen Moisturising Lotion® or Sorbolene Cream)

### Washing your face

- Take analgesia 30 minutes prior to face wash if required.
- Wash your hands.
- **Men:** Shave facial hair in and around the burn (using a good quality razor) daily. Use paraffin, diluted mild wash solution or a water based gel as a lubricant (shaving cream will irritate and cause pain).
- Showering daily with your face burn exposed helps with thorough cleaning. (You should avoid washing burns in tank water. Sterile bottled water should be used).
- When washing in the shower, pour the mild wash solution on to a clean cloth. The mild wash solution should be approximately the size of a 20 cent piece.
- Run the cloth under warm water for 3-5 seconds to dilute this solution.



Developed & reviewed  
by our consumers

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- Your face burn should be thoroughly cleansed of all slough, residual ointment, crusting and loose skin prior to rinsing.
- If you are not showering, dilute 3 mL of the mild wash solution in 2L of warm tap water and use this to wash your face. Rinse you face thoroughly after washing.
- Wash frequency should begin at 4-6 hourly. The frequency of washes may need to be increased depending on the amount of exudate, slough, crusting, discomfort or tightness.
- The frequency of washes should not interrupt your sleep overnight.
- Rinse face with warm tap water.
- Pat dry with a clean cloth or towel.

### Ointment application

- Unhealed areas will appear raw – Apply paraffin ointment in a thin layer over the unhealed areas after each face wash.
- Healed areas will have a dull pink appearance. When the skin is healed you can stop using the paraffin and apply a simple moisturiser in a thin layer.
- Aim to let the skin 'normalise' and gradually reduce the use of moisturiser application.
- If applying creams frequently, wash between applications to avoid build-up of product residue.
- Perform regular face stretches / exaggerated range of motion to ensure skin heals with good stretch.

### Ongoing care

- Written information about 'post burn skin care' is available in the 'burns discharge booklet' and [www.vicburns.org.au](http://www.vicburns.org.au)
- Once healed it is important to let the healed skin return to its normal function. Only apply moisturiser if the skin is dry.
- After your face has healed be sun smart.
- Stay out of direct sunlight for at least TWO summers, so you avoid sunburn and pigment mismatch of the fragile new skin.
- Wear a hat and use a broad spectrum, low irritant / hypoallergenic Sun Protection Factor (SPF) 30+ (or higher).
- Thick creams can cause pore blockages. Use moisturisers and SPF of 'milk' to 'lotion' consistency and wash any residue and cream build up off the skin.
- Always test a small patch of skin first when trying new moisturiser, SPF or make up on the healed skin. Stop using if irritation occurs.

**If you are concerned about recovery, appearance, body image or returning to usual activities contact the burns unit.**