

Burn Scars

Definition: Wound healing disorders in burn patients are the result of abnormal healing or incomplete formation of new tissue. Hypertrophic scars and keloid formation are the result of excessive and abnormal healing.

Preoperative training:

- 1- Explain to the patient what the doctor has said about the type of surgery and the reason for it.
- 2- Tell the patient that a consent form signed by the patient and a first-degree relative is required for surgery and anesthesia.
- 3- Instruct the patient to refrain from eating and drinking from midnight before surgery.
- 4- Explain to the patient that if there is no prohibition, he should take a bath and shave the night before the operation.
- 5- If he has an underlying disease and needs to take medication before the operation, teach the patient the time, amount, and method of taking the medication. And ask him to take the medication in your presence.
- 6- If an antibiotic injection is ordered before the operation, administer the medication.

Postoperative instructions:

- 1- Place the patient in the supine position and elevate the affected limb 30 to 45 degrees above the heart to reduce edema and pain.
- 2- Ask the patient to avoid manipulating the dressing and wound area.
- 3- Avoid twisting and deforming the free edges of the flap and the attached flaps, such as the eyelids, lips, and eyebrows, and do not move the surgical area
- 4- Postoperative bleeding and swelling may occur due to surgery. Bruising has no effect on the final result and will resolve on its own.

5- Advise the patient to avoid heavy activity and pressure on the surgical area and, if not prohibited, to follow a high-protein, high-calorie diet to aid wound healing. And to avoid stimulating foods such as eggplant, sausage, and spices

6- Tell the patient to follow a liquid diet including water, natural fruit juice, tea, and a soft diet including puree, halima, soup, etc. in the days following the surgery to prevent graft rejection if the surgical area is on the face and neck.

7- Tell the patient that after the scar is removed or repaired, a sterile dressing will be placed over the wound. Depending on the type of scar and wound, the length of time required for hospitalization varies and may range from a few hours to overnight.

8- Tell the patient that, if the doctor allows, he can move the operated limb or walk or use assistive devices for walking.

9- To prevent infection and relieve the patient's pain, use antibiotics and painkillers as prescribed by the doctor.

Minimum education during discharge:

1 - Provide written and verbal education to the patient and caregiver and provide them with the name and phone number of the doctor or nurse to call if they have any questions.

2-Review each of the explanations regarding the procedure and specific follow-up care with the patient.

3-Tell the patient that after being allowed to walk, they should use elastic stockings to counteract the pressure on the body as directed by the physician.

4-Explain to the patient the timing and need for suture removal.

5- Ask the patient to avoid applying pressure and sleeping on the surgical site. .

6- Explain to the patient that in case of abnormal discharge from the wound, infection, fever and bleeding, coldness and lack of vascular circulation of the skin, pain, non-healing of the wound and black tissue around the wound, he should immediately refer to the medical center.

7- Instruct the patient to change the dressing on the wound area if the doctor allows it and to keep it soft and moist by using the ointment prescribed by the doctor.

8- Ask the patient to avoid exposure to direct sunlight, use of strong cleansers, and skin irritation through clothing contact.

9- Explain the purpose, amount, timing, and method of administration of each prescribed medication, and any side effects that should be reported to the physician and nurse.

10- Encourage the patient to talk about his/her abilities and limitations with regard to his/her job, hobbies, and activities.

11- Explain to the patient the importance of planning for rest and avoiding excessive exercise and heavy activity and doing appropriate exercise and regular activity as recommended by the doctor.

12- Explain to the patient measures to improve sleep patterns such as avoiding stimuli before bedtime (diet, activities), not sleeping during the day, and creating a regular sleep pattern.

13- Explain the necessity of a high-protein, high-calorie diet, if not restricted, to improve the patient's condition.

14- Since some complementary and alternative therapies may be harmful or may interfere with prescribed drug treatments, it is necessary to consult a doctor or nurse about these treatments

15- Encourage the patient to express his/her fears and concerns about disfigurement, decreased function, and feelings of sadness.

16- Encourage the patient to perform self-care activities as soon as possible.

17- Emphasize the importance of regular and follow-up medical and physical therapy visits as needed, and make sure the patient has the names and phone numbers of emergency contacts.