

This leaflet has been given to help you and/or your relative look after facial burn injury

In general, Facial burns will heal well with good face care.

You may experience

- Peeling of the skin
- Discharge of fluid that may dry in to scabs
- Swelling (Especially across the Eyes)
- Pain
- Tightness
- Itching

Face care is important to Reduce risk of infection (that could deepen the level of damage to your skin). Good face care can make you feel better and Accelerate healing times.

Face Care will consist of:

- Face wash
- Application of cream
- General health
- Facial Exercises

If you have any
concerns please
contact

**St Andrews Burns Service
Broomfield Hospital
(Chelmsford)**
Burns ITU 03004432830
Adults 03004430475
Children 03004430405
Outpatients 03004431141

**Chelsea & Westminster
Hospital (London)**
Adults 0203 3153785
Children 02033 153706 /
0203 3153707

**Queen Victoria Hospital
(East Grinstead)**
Adults 01342 414440
Children 01342 414469

**Stoke Mandeville Hospital
(Aylesbury)**
Adults and Children 01296
315040

www.lsebn.nhs.uk

NHS

London and South East of England Burn Network

How to Care for your Facial Burn Injury

Reviewed July 2025



Step 1: Face Wash

It is recommended that you wash your face three times a day

1. The injury site may be tender, think about timing care with pain relief as this will reduce any discomfort
2. Use a gentle / mild non perfumed soap
3. When Washing with warm tap water try to gently remove any dried cream/scabs that may have formed on the wound bed from previous application (This may require the use of a soft wash cloth.)
4. Pat the area dry with a clean towel.
5. Males are encouraged to shave even with a burn to help cleaning of the area.

Step 2 : Application of Cream



The cream that has been prescribed for you is :

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Please ensure you read the information leaflet that comes with your cream to apply cream appropriately. This will highlight any safety / allergy information around use of cream.

Areas for consideration during application are eyes/ears/mouth and nostrils, please ensure you follow your healthcare professionals instructions.

Important !

Some creams used in face care can be flammable please let your healthcare professional know if you are a smoker as this may change your treatment pathway



Liquid paraffin = Flammable

OTHER ADVICE General Health

- Keep injury site warm
- Sleep in a upright position will help reduce facial swelling
- Eat a healthy diet
- Protection of areas from further damage
- Keep area out of direct sun light and use high factor sun cream for protection
- Once healed discuss scar management with your health care professional

Facial Exercises

Whilst you skin is healing following a facial burn it is important to keep the face moving.

If you do not move the skin it can tighten and cause problems, especially around the eye lids or corners of the mouth. Exercises should be done regularly throughout the day, ideally once an hour. You may need to take pain relief to allow you to do the movements.

Practice the following movements

1. Open and close your mouth fully
2. Purse your lips
3. Close your eyes tight shut
4. Open your eyes wide
5. Smile
6. Raise your eye brows
7. Frown and crease your forehead

When speaking, eating and drinking try to allow your face to move naturally as this will also exercise and stretch the healing skin.