



## Burn Recovery Tips

- \* Positioning starts day 1!
- \* Usually comfort leads to contractures!
- \* Start exercise early by:
  - Taking pain medication 30 minutes prior to exercise
  - Use compression garments but take them off to lubricate, massage, and stretch.
  - Use relaxation methods such as imagery or music
  - Compression wrapping
  - Provide vascular support with elastic bandage
  - Be gentle
- \* For edema: Elevate, Compression, Exercise
- \* For scarring: 6-8 weeks after closure, 1-2 years to mature, Compression Therapy
- \* Temporary Garments may include; elastic bandage, Coban, TED stocking, Elasticated tubular bandage, Spandex bicycle pants, gradient pressure Jobst Stockings.
- \* Prevent Claw hand with a volar hand splint (intrinsic plus hand position):
  - Wrist extension at 15-30 degrees of extension
  - MP's at 50-70 degrees of flexion
  - IP's at Full Extension
  - Thumb abducted

