

Bobby wears pressure garments



Explaining pressure therapy to children

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Hello Bobby,
I'm your therapist.
I can see you
have hurt
yourself.

You may
need to wear
pressure
garments.



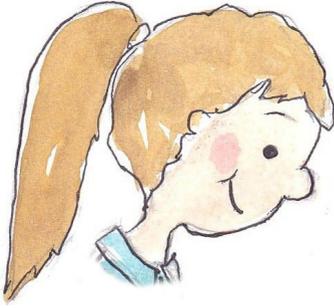
What are
they?

How do
they do
that?



Pressure garments are specially made, tight clothes for you to wear over your scar. They help the scar look as much as possible like the rest of your skin.

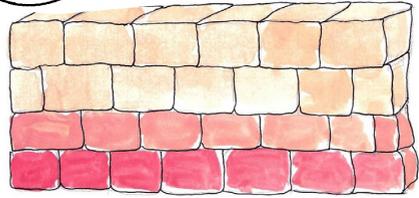
The amazing skin you're in...



Ok, let's start at the very beginning...

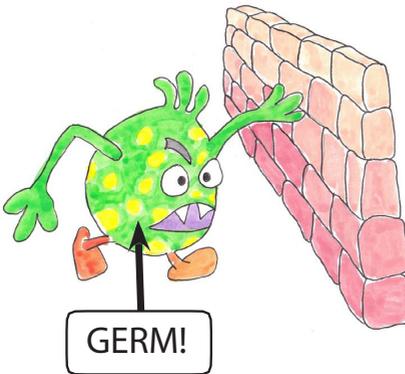
This is a picture of skin...

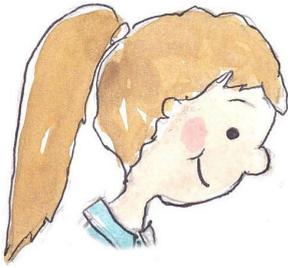
Skin is like a wall of soft, spongy bricks. It's all around the body and has lots of jobs to do...



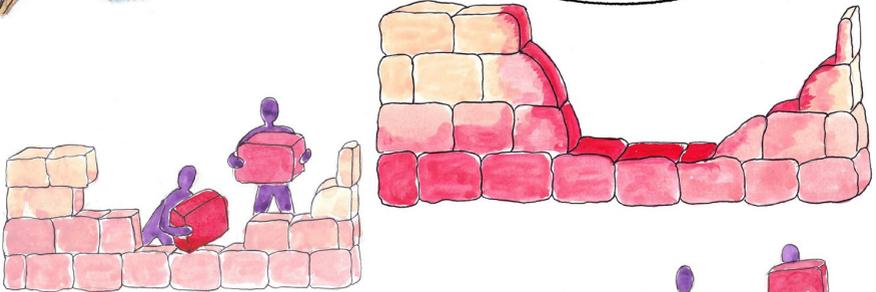
Jobs list

- keeping out germs
- keeping in moisture
- keeping the body just the right temperature.

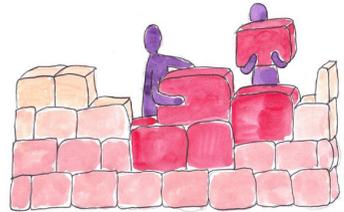




When the skin wall is damaged (like when your skin was hurt or burned)...



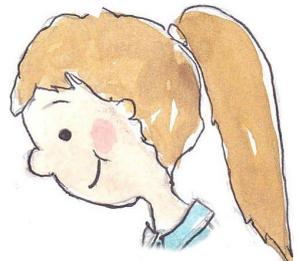
...the body works very hard to mend it as quick as it can by filling the gap with special bricks.



These bricks together make a scar.

If it's a little gap, the scar is little and very quickly you don't really notice it.

Have you got a scar like that somewhere?

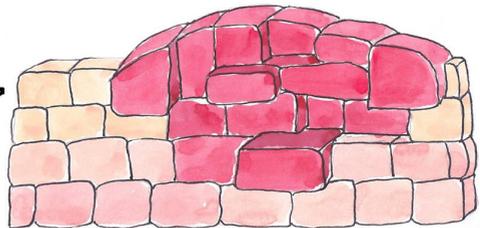


...but sometimes the wall takes longer to mend... then the surgeon will help by getting some skin bricks from somewhere else on your body...

This is called a skin graft.



When the skin wall takes a long time to mend, the bricks can get jumbled up, red and lumpy!

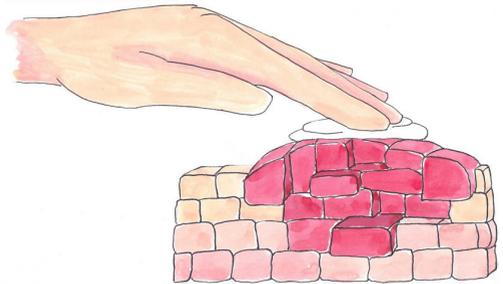


The scar bricks need to be looked after very carefully because they are very new and different from the skin around them.

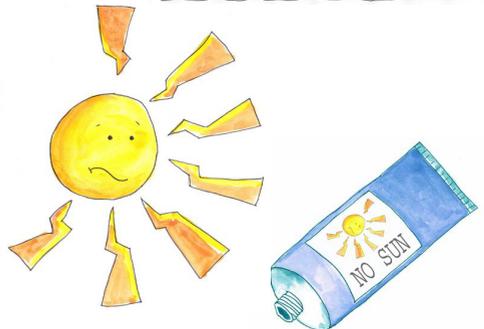


When you rub in the cream, it's good to press down on the scar gently and firmly. This is called massage and can help straighten out the scar bricks.

They easily get dry and itchy, so they need lots of cream rubbing into them.

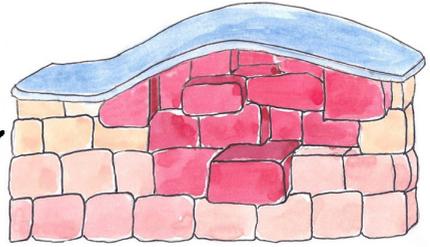


Scars also need to be kept out of the sun because sunlight can make them change a darker colour – forever!

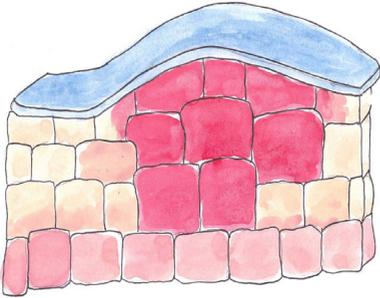


Pressure garments

Now pressure garments lay on top of the scar and press down a little bit – just the right amount.



This helps the scar become flatter by straightening out the scar bricks – a bit like pushing them into place.



So how do I get pressure garments?



Well, first you are carefully measured...

...then you choose the colour you would like



Then it is carefully made... and when you next visit, the therapist will make sure it fits brilliantly!

You'll be given at least two garments, so you'll always have one to wear





So how long do I wear it for?

You need to wear it all the time.



All the time!? Even in the bath?

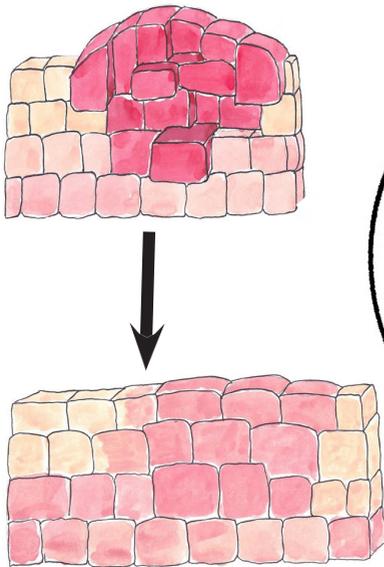
Well, OK, you can take it off for a bath, shower or when you go swimming – but make sure you put it straight back on again! The more you wear it, the better job it will do.

But look at me, I'm growing – what if it gets too small?



We'll need to measure you every two months to make sure you always have a perfectly fitting garment!

Do I wear them my whole life?



No, just until the scar is not so lumpy and is as soft and pale as possible. Sometimes this can be as long as one to two years – but sometimes quicker – everybody's skin is different.



When the pressure garment has helped all that it can, then you don't need to wear it anymore.

After that, we will only need to see you to make sure everything is OK!!

So finally...

- it's important to moisturise and massage your scar (at least 3 times a day)
- keep your scar out of the sun
- and wear your garments all the time!



See you soon!!

Support groups

Changing Faces

www.changingfaces.org.uk

Children's Burns Club

www.meht.nhs.uk/our-charity/about-us/childrensburns-club

Children's Burns Trust

www.cbtrust.org.uk

Children's Burn Camps

<http://www.britishburnassociation.org/burn-camps>

**St Andrews Burns Service
Broomfield Hospital (Chelmsford)**

Adults 01245 516186

Children 01245 516973

Outpatients 01245 516008

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



This leaflet has been produced with input from children who have suffered burns and similar injuries.

Adapted with permission from University Hospitals Bristol

www.lsebn.nhs.uk

June 2017