

## Quick Check Table for Skin Problems

PROBLEM	WHY MIGHT THIS HAPPEN	TREATMENT	HOW COULD IT BE PREVENTED
<b>Blisters</b> may occur on the burn or scalded areas as well as on donor sites. They are common for the first few months.	Rubbing from clothing or pressure garments or from accidental knocks to the skin.	<ul style="list-style-type: none"> <li>• Leave the blister alone</li> <li>• Do not pop it</li> <li>• Use a dressing to protect the blister under your clothing and garments</li> <li>• If the blister becomes larger or infected contact your practice nurse or Sarum Ward for advice</li> </ul>	<ul style="list-style-type: none"> <li>• Follow your skin care instructions carefully</li> <li>• Make sure that your pressure garment fits well</li> <li>• Change your pressure garments daily</li> <li>• Wash pressure garments daily</li> <li>• Avoid tight fitting clothing</li> </ul>
<b>Skin breakdown</b> that can happen over a long period of time.	Small knocks, rubbing, scratching or infection.	<ul style="list-style-type: none"> <li>• Contact Sarum Ward for advice</li> <li>• Your pressure garments may be causing the problem</li> </ul>	<ul style="list-style-type: none"> <li>• Follow the above information</li> <li>• Try not to knock your vulnerable area</li> <li>• Do not scratch</li> </ul>
<b>Whiteheads and blackheads</b> are a common problem which decrease over time.	They can be caused by things such as cream, dirt or soap collecting in the uneven scar tissue.	Gently wash the area with a soft sponge and soap in warm water	<ul style="list-style-type: none"> <li>• Good skin hygiene is essential</li> <li>• Careful washing of your skin to remove old cream before applying the new is very important</li> </ul>
<b>Cysts</b> may occur in the first six months and can be very uncomfortable. They may appear as red, black or yellow raised lumps under the surface of the skin.	Cysts can occur as a result of small areas of skin, or dirt becoming trapped under the skin leading to a localised infection.	Soak in warm water and then gently wash the area with a circular motion using a soft sponge	Good skin hygiene is essential

