

Using Pressure Garments to Reduce Burn Scarring



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Pressure garments are a type of tight fitting clothing that may be worn to put pressure on the skin layers after a burn has healed to help prevent scarring.

How pressure garments work

In a burn where the top layer of skin is gone, it is not able to put the pressure on the skin below as healthy skin would. Without the skin's pressure, very thick and stiff scarring can happen, called hypertrophic scarring. This scarring can get worse for 12 to 18 months after your burn injury and can limit your skin's movement.

To help prevent this type of scarring, your health care provider may order a fitted pressure garment. It can also help reduce itching and protect the skin from further injury. The best time to start using it is right after your burn wound has healed and the scar is new and soft.



Getting your garment

You need to be measured for each new garment. A person trained in this will measure you, order it, and teach you how to wear and take care of it so you can get the most benefit. They can also adjust it if it does not fit well.

Wearing your garment

- For the first day or two, the garment may feel tight and not comfortable. Most patients say that they get used to the way the garment feels after about 2 days and then they like wearing it.
- The garment should be worn as much as possible, with a goal of 23 hours per day.
- When you remove the garment to shower or bathe, check your skin. If you notice any breaks in your skin or more redness, call the person who measured your garment to adjust it for you.
- Most patients wear garments for 12 months. In some cases, your health care provider may order plastic sheets made of silicone to wear under the garment for extra pressure.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.