



The Mid Yorkshire Hospitals
NHS Trust

Holidays and sunshine

This leaflet has been produced to give you information about holidays and sunshine after a burn injury. We hope it will help you and your recovery. It is not a complete guide, so if you have any questions or you require further explanations please do not hesitate to ask a member of staff who is caring for you.

Holidays and sunshine

Once your skin has healed you can go on holiday when you want to.

Please follow this advice when you are on holiday and in the sunshine:

1. Choose somewhere not too hot as it will make you itch if you are wearing pressure garments.
2. If you are going abroad you must protect your healed skin with a strong sun block cream and wear cotton clothing.
3. Try to avoid full sun bathing for the first two years after your injury because your healed skin will burn very easily.
4. After two years your grafted skin will tan after a slow build up, but it will not look the same colour as it did before your injury.
5. Swimming pools and sea water will not hurt your skin just remove your pressure garments before swimming. BEWARE you burn more quickly in the water so you need to wear a strong waterproof sun block cream and also wear a T-shirt to swim in.
6. Make sure you have a shower and apply moisturising cream after swimming.

Last but not least enjoy yourselves and do all the things on holiday that you did before you injured your skin.

Please contact the Burns Unit if you have any problems or queries.

Adult Burns Unit 01924 541700

Children's Burns Unit 01924 541931

We are committed to providing high quality care. If you have a suggestion, comment, complaint or appreciation about the care you have received, or if you need this leaflet in another format please contact the Patient Advice and Liaison Service on: **01924 542972** or email: **myh-tr.palsmidyorks@nhs.net**

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Updated Nov 2019
Review Date 2022



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