Swelling and stiffness are common after a burn and are often associated with pain and loss of movement.

- Swelling can cause pain due to stretching of sensitive skin and compression (squeezing) of the joint structures.
- Swelling causes joint stiffness, which affects your ability to do your exercises.
- Swelling can have a big impact on your ability to do everyday activities.

Here are some suggestions about how to manage your swelling:

- Elevate (raise up) the swollen area above the level of your heart when sitting or lying down. This is one of the most effective ways to reduce swelling. For example, use pillows to raise a swollen limb.
- Gentle range of motion exercises can help greatly to reduce swelling. Your therapist will prescribe an appropriate exercise program for you.
- Use light pressure in the form of Tubigrip™ sleeves, pressure garments or gloves, as prescribed by your therapist.

Your therapist will talk with you about ways to manage your swelling.

What are your questions? Please ask.
Therapist: ____________________________
Phone: ________________________________