

# Burn Care

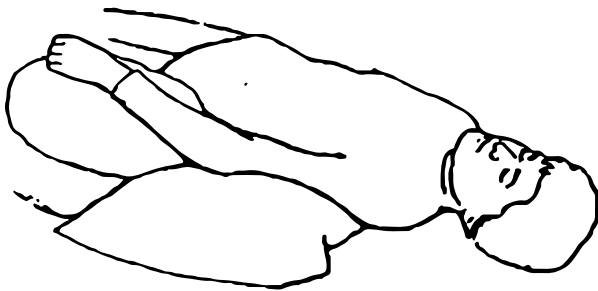
## Positioning for Upper Extremity Swelling

- ✓ After a burn injury, swelling in the limbs is common. This swelling can be painful, cause stiffness, and affect movement and your ability to do daily activities.
- ✓ One of the easiest ways to manage swelling is by raising the swollen limb.
- ✓ The goal is to raise the swollen limb slightly above the level of your heart. This helps the extra fluid move back towards your heart.

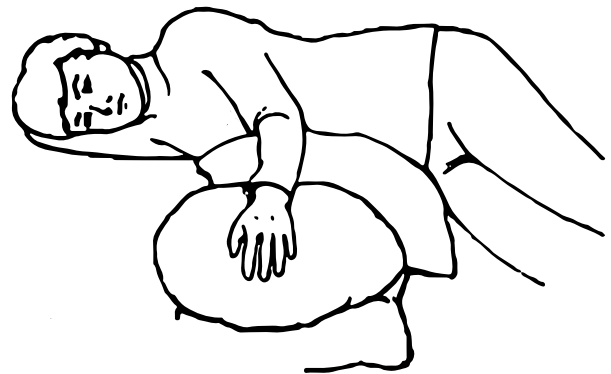
### Positioning in bed

- Do these for \_\_\_\_\_ minutes every \_\_\_\_\_ hour(s).

Lie down on your back, and raise your affected arm on 1 to 2 pillows. If your hand is more swollen than the rest of your arm, raise your hand on a larger pillow than the rest of your arm.



Lie down on your side. Relax your swollen arm on top of 2 pillows.



**What are your questions? Please ask.**

Therapist: \_\_\_\_\_

Phone: \_\_\_\_\_