Skin Injury, Healing, and Skin Care

Speaker:
Nigel Burrows MD FRCP
Consultant Dermatologist
Cambridge University Hospitals NHS Foundation Trust
Cambridge, UK
Conflicts of Interest

• Nil
Skin Injury
Healing
and Skin Care
Wound Healing Process

Skin Changes – secondary to injury

- Fragile
- Wound
- Scarring
- Atrophic
- Hypertrophic
- Haemosiderotic
Skin Changes – secondary to injury
The clinical presentations of EDS

- Bluish and/or grey sclerae
- Strabismus
- Refractory problems
- Microcornea
- Anterior chamber abnormalities
- Keratoconus or keratoglobus
- Craniofacial features
- Gingival retraction
- Dental crowding
- Periodontitis and/or early tooth loss
- High-arched palate
- Carotid-cavernous fistula
- Pneumothorax
- Pneumohaemorrhage
- Percutus excavatum and/or corinatum
- Mitral valve prolapse
- Aortic root dilatation and/or dissection
- Arterial aneurysm and/or dissection
- Striae rubrae and atrophicae
- Thin, translucent skin
- Inguinal and/or umbilical hernia
- Haemosiderotic scars
- Soft, smooth, velvety skin
- Molluscoid pseudotumours
- Skin hyperextensibility
- Subcutaneous spheroids
- Widened atrophic scars
- Acrogeria
- Exercise intolerance
- Muscle weakness and/or myopathy
- Talipes equinovarus
- Hallux valgus
- Pes planovalgus
- Hammer toes
- Joint contractures
- Joint hypermobility
- Osteopenia and/or osteoporosis
- Congenital (bilateral) hip dislocation
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Malfait F et al Nat. Rev. Dis. Primers 2020
Additional Skin Changes

- Hyper extensible ‘stretchy’ + Soft, doughy
- Thin skin (vascular EDS)
- Molluscoid pseudotumours
- Urticaria (MCAS)
- Stretch marks (Striae)
- Elastosis Perforans Serpiginosa
- Loose, redundant Skin
Skin Management
Skin Injury

• Skin Protection
Skin Injury

• Skin Protection

• Sport
Consider appropriate sporting activities – avoid contact sports.
Can I improve my wound healing?

✓ Prompt attention to any laceration

✓ Stop the bleeding – pressure up to 10 mins

✓ Wound cleaning – warm water (under the tap) 5-10 mins. Dry and cover with a dressing. Don’t use an antiseptic at this stage as may damage the skin. Antibiotic cream is OK

✓ Do not smoke
How to improve wound healing

- Stop smoking
Can I improve my wound healing?

✓ Prompt attention to any laceration

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✓ Do not smoke

✓ Healthy diet
Diet

• Well balanced diet
  - Poor nutritional intake can impair healing

• Diabetic control
Can I improve my wound healing?

✓ Prompt attention to any laceration

✓ Stop the bleeding – pressure up to 10 mins

✓ Wound cleaning – warm water (under the tap) 5-10 mins. Dry and cover with a dressing. Don’t use an antiseptic at this stage as may damage the skin. Antibiotic cream is OK

✓ Do not smoke

✓ Healthy diet

✓ Sun Protection
Sun Protection

SPF 50+

UPF – ultraviolet sun protection 50+

CLOTHING

is the most effective form of sun protection.
Steroids

Topical or oral corticosteroids

• Can impair wound healing
Skin Injury - Wound Repair
Stitches (sutures)

When to stitch:

• Any wound that is likely to pull apart (under tension)
  - Seen typically with deep, jagged wounds, greater than 2 cms in length

• Smaller cuts on the face may be closed with glue and adhesives strips
All sutures to stay in twice as long as normal.
Staples

- simpler, stronger, and speedier to use to close large, open wounds than traditional stitches

- may be used after major surgery eg Caesarian Section

- suitable for closure of linear lacerations through the dermis that have straight, sharp edges and are located on the scalp, or surgical wounds.

- avoid staple use on the face or neck.
Skin Adhesives

• **Butterfly adhesives** eg Steri-Strips
  - wide (6-12mm)

Apply to all wounds and replace after suture removal

• **Adhesive Dressings**
  - If skin very fragile use non adhesive dressings
  - Use medical adhesive removers
  - Soak off dressings
Supportive Bandages

Bruising

- Rest the bruised area, if possible.
- Ice pack wrapped in a towel. Leave it in place for 10 to 20 minutes. Repeat as needed.
- Compress the bruised area if it is swelling, using an elastic bandage. Don't make it too tight.
- Elevate the injured area
Surgery (skin protection)

• Especially for patients with cEDS, vEDS, and kEDS, weigh up the potential benefits of surgery and possible complications of surgery.

• Always consider all non-surgical alternatives.
Stretch marks

• Avoid weight gain
• Avoid excessive weight training (anything that makes you grunt or grimace)
• No evidence to support treatments
  - massage
  - taping
  - oils
  - vitamin E
  - laser (to reduce redness)

• Many stretch marks become less noticeable with time
Skin Care (Beauty Treatments)

Moisturize

• Use a moisturizer regularly

Avoid certain beauty treatments if known skin fragility

• Avoid wax hair removal
• Avoid chemical peels
• Avoid resurfacing lasers
• Tattoos - caution
Skin Injury, Healing, and Skin Care

Summary

Skin Care = S’s

- Skin protection (physical and sun avoidance)
- Stop Smoking
- Steroids - caution
- Stitches
- Sticky Adhesives
- Supportive Bandages
- Surgery
- Stretch Marks
- Skin Care
Thank you