



The
**Ehlers
Danlos**
Society™



EDS ECHO SUMMIT SERIES

PRESENTATION

Skin Injury, Healing, and Skin Care

SPEAKER

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Conflicts of Interest

- Nil



Skin Injury Healing and Skin Care

Laceration

Wound

Tear



Cut

Avulsion

Gash

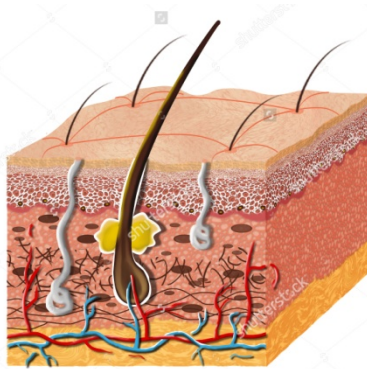
Gouge

Skin Injury

Scratch

Graze

Abrasion



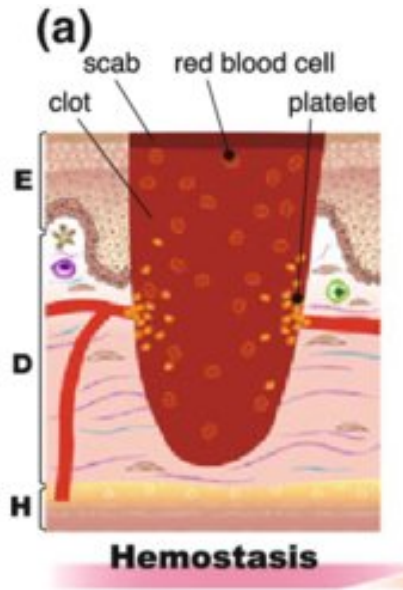
Bruise

Haematoma

Contusion

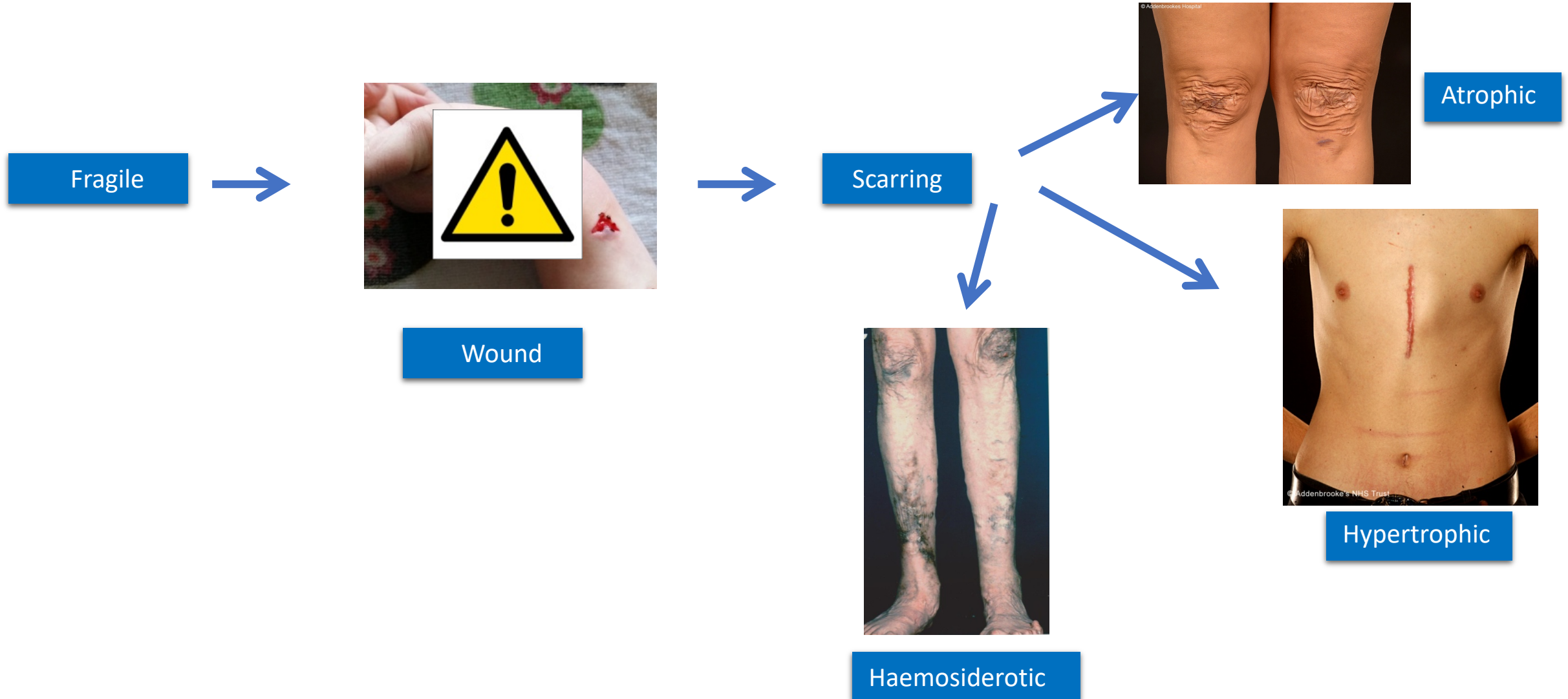


Wound Healing Process



A. Kawasumi N et al Current Topics in Microbiology and Immunology (2013) 367: 33–49

Skin Changes – secondary to injury



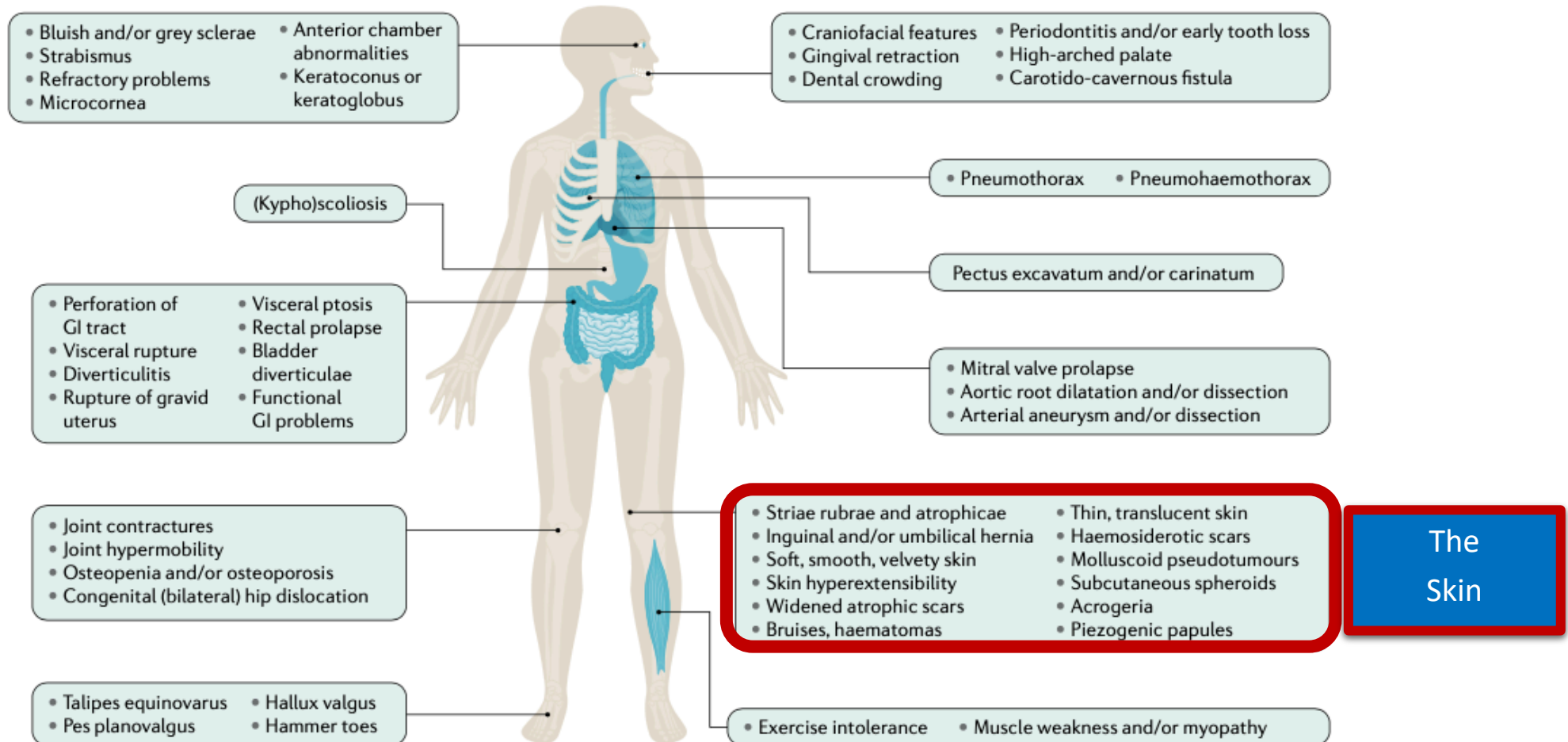
Skin Changes – secondary to injury



Bruising



The clinical presentations of EDS



Additional Skin Changes



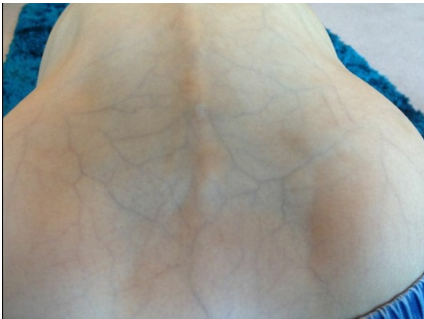
Hyper
extensible
'stretchy' +
Soft, doughy



Urticaria
(MCAS)



Elastosis
Perforans
Serpiginosa



Thin skin
(vascular EDS)



Molluscoid
pseudotumours



Stretch
marks
(Striae)



Loose,
redundant
Skin

Skin Management

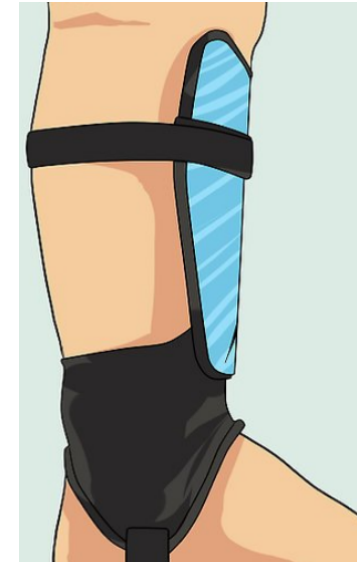
Skin Injury

- Skin Protection



Skin Injury

- Skin Protection

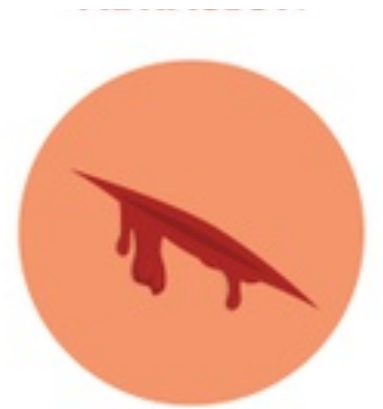


- **Sport**

Consider appropriate sporting activities – avoid contact sports.



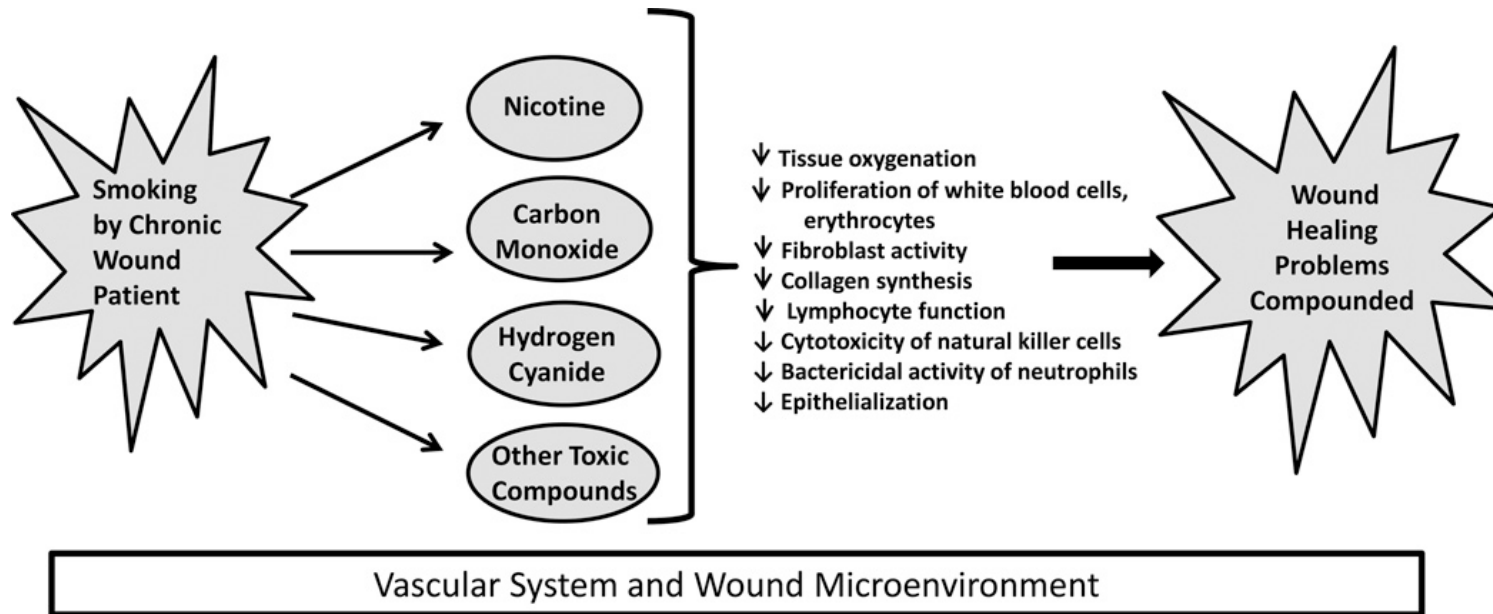
Can I improve my wound healing?



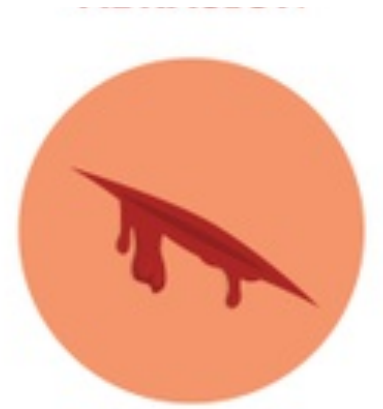
- ✓ Prompt attention to any laceration
- ✓ Stop the bleeding – pressure up to 10 mins
- ✓ Wound cleaning – warm water (under the tap) 5-10 mins. Dry and cover with a dressing. Don't use an antiseptic at this stage as may damage the skin. Antibiotic cream is OK
- ✓ Do not smoke

How to improve wound healing

- Stop smoking



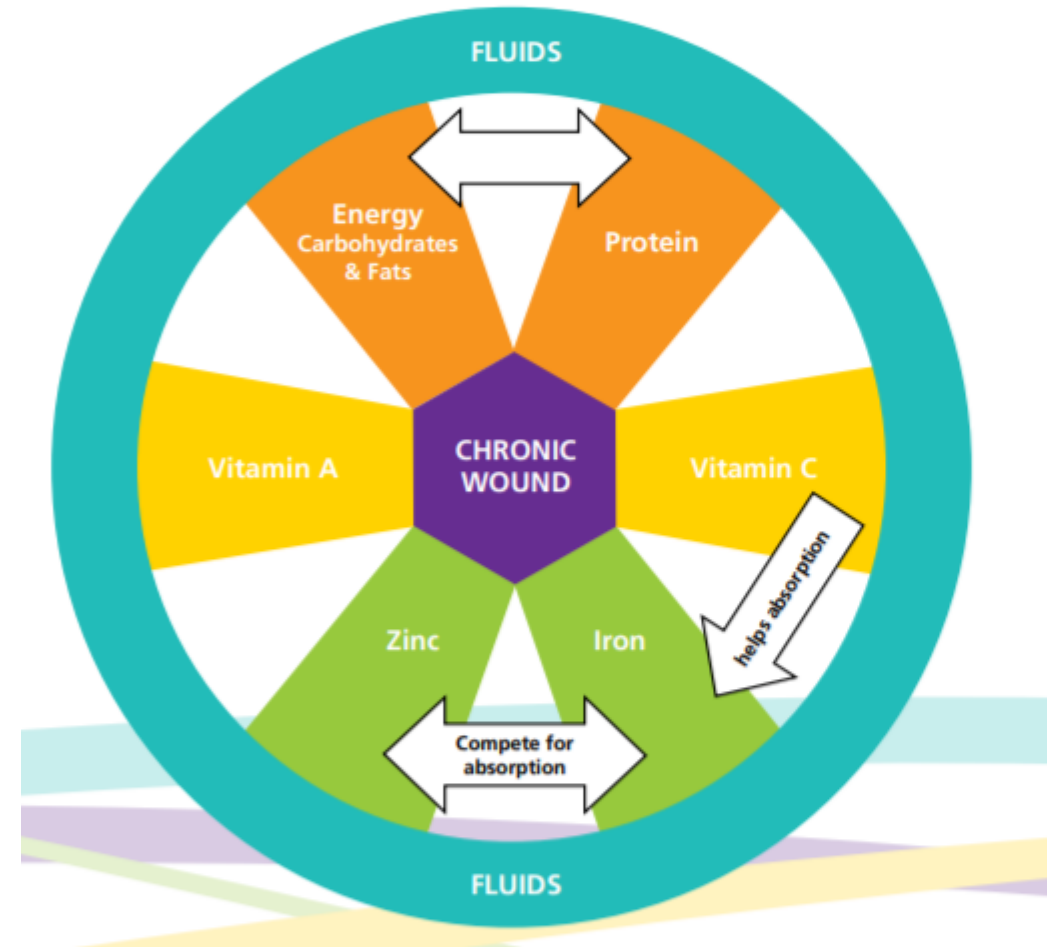
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- ✓ Healthy diet

Diet

- Well balanced diet
 - Poor nutritional intake can impair healing
- Diabetic control



Can I improve my wound healing?

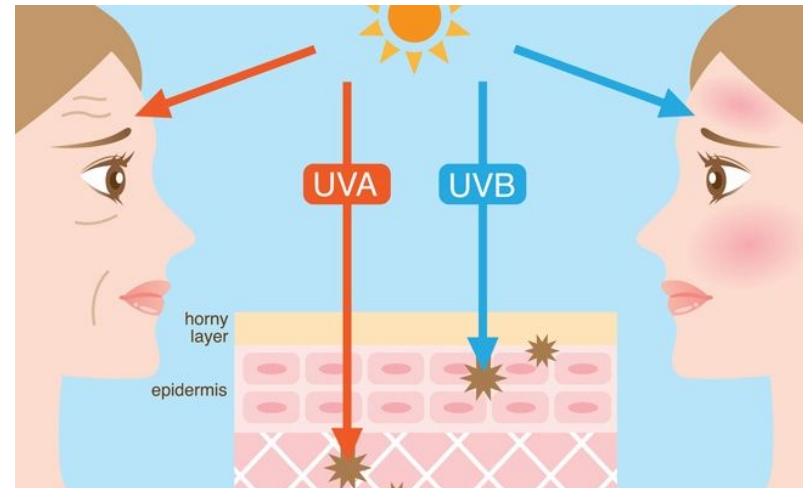


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- ✓ Healthy diet
- ✓ Sun Protection

Sun Protection



SPF 50+

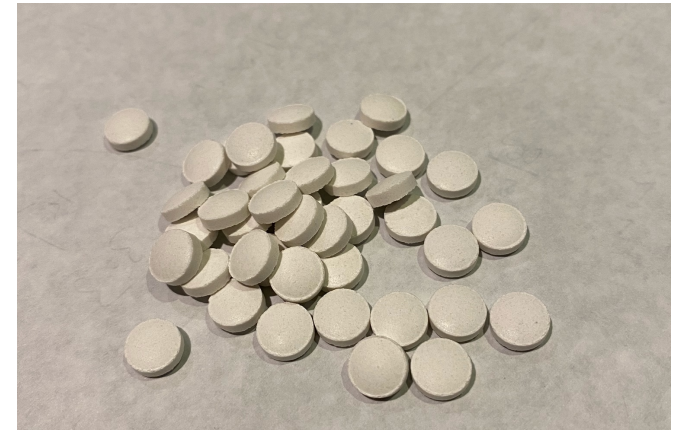


UPF – ultraviolet sun protection 50+

Steroids

Topical or oral **corticosteroids**

- Can impair wound healing



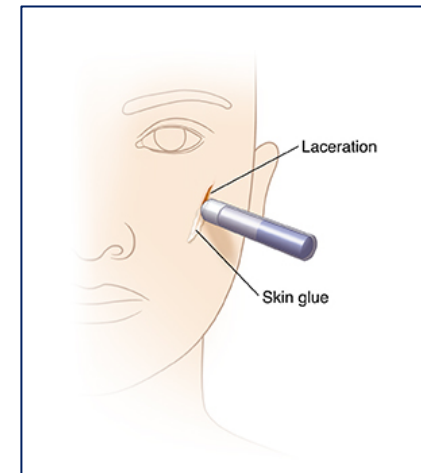
Skin Injury - Wound Repair



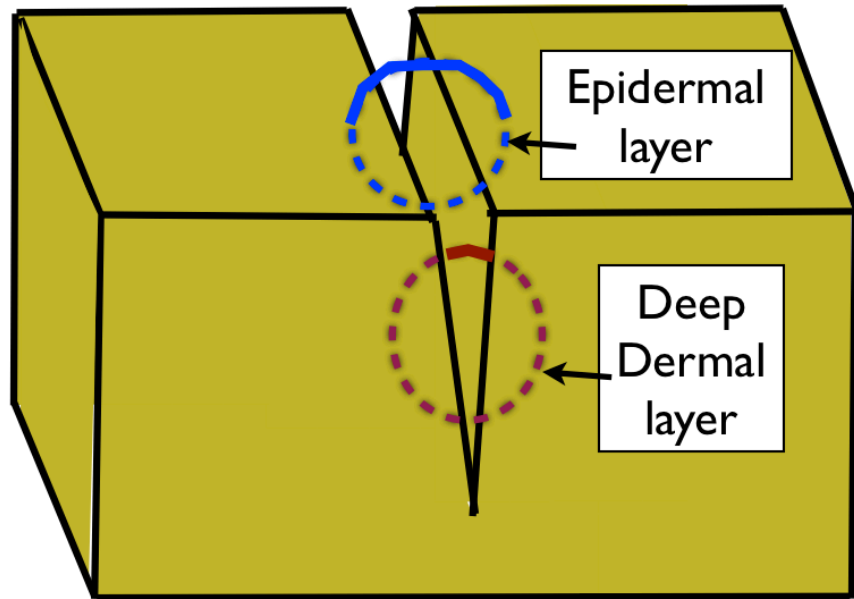
Stitches (sutures)

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

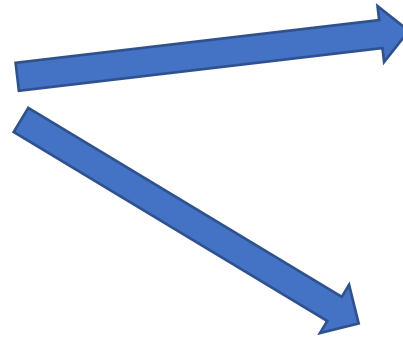


Stitches

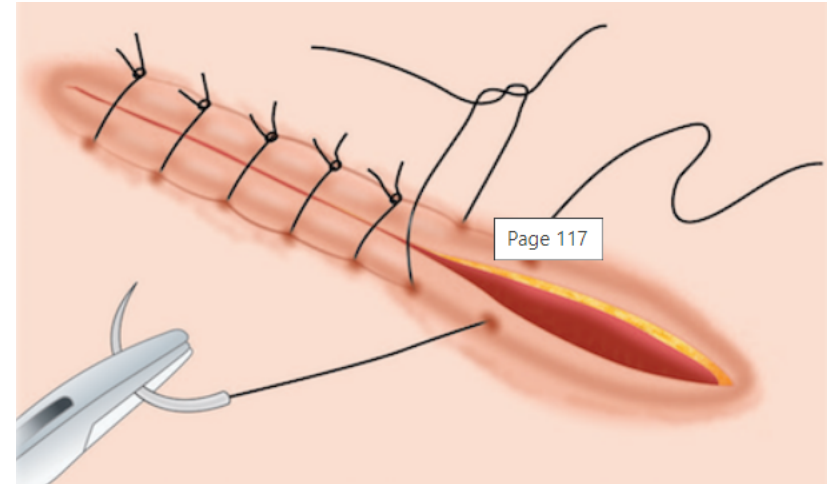


Lacerationrepair.com

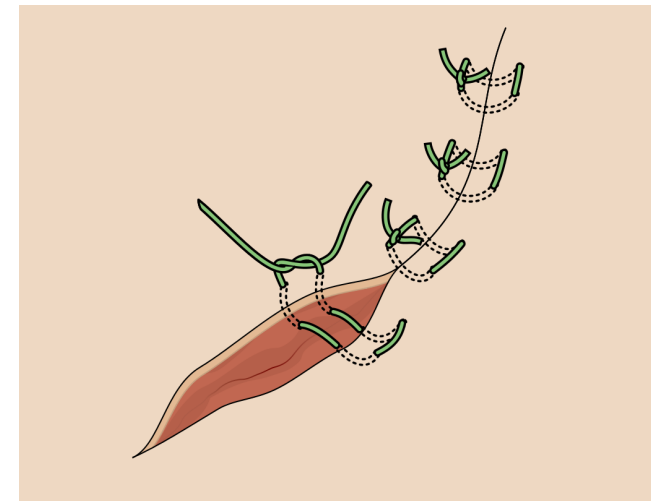
Simple interrupted



Horizontal mattress



© 2021 GeneralSurgery.iblogger.org



Olek Remesz (wiki-pl)

All sutures to stay in twice as long as normal.

Staples



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

- **S**kin protection (physical and sun avoidance)
- **S**top Smoking
- **S**teroids - caution
- **S**titches
- **S**ticky Adhesives
- **S**upportive Bandages
- **S**urgery
- **S**tretch Marks
- **S**kin Care

Thank you