

Burn dressing information

Burn retention tape and oiling up



Retention tape (such as Fixomull® or Mefix®) is used to keep a dressing in place and also to support newly healed burns or donor sites. It is a hypoallergenic, white adhesive, non-woven fabric that is not to be used on wounds.

Caring for the retention tape

- Do not remove the dressing as it will cause pain and may damage the healing skin
- Do not rub or scratch, as it will also cause pain and may damage the healing skin
- Keep the retention tape dry (if the dressings become wet or leak the chance of infection increases)

Daily activities

Keep the dressing clean, dry and on. Your child should avoid activities such as:

- playing in dirt or sand (e.g. sand boxes, beach, pot plants or in the garden/soil)
- swimming, bathing or showering (be aware of pet water bowls and foods)
- playing with pets
- if your child is crawling or learning to walk, a stroller and a play-pen will help ensure the dressings remain clean and minimise the risk of infection

What do I need to look for?

Infections in burns patients can be very serious and must be treated urgently. Observe your child and the wound/dressing site frequently.

Phone PCH Ward 1B on 6456 3630 immediately if any of the following symptoms occur:

- a temperature below 35.5°C or above 38°C
- a rash, increased pain, redness or swelling at the wound site
- changes in behaviour such as poor appetite, sleep disturbances, lethargy (quiet or lack of energy) or flat mood
- excessive ooze/wound fluid (though a small amount is expected)
- offensive odour.



Oiling of retention tape

If your child has a retention tape (Fixomull® or Mefix®) on, you may be asked to “oil up” before you return to the Burn Clinic J or admitted to Ward 1B.

It is very important that you oil the tape at least four hours before your appointment. It may be done the night before.

How to oil tape

1. Apply a liberal amount of clean oil to soak the retention tape. Olive oil or vegetable oil will give you the best result
2. Apply a thin smear of Sorbolene cream (with 10% glycerin) or a nappy cream to cover the oiled tape
3. If your child is five years of age and older you may then cover the area in a plastic wrap or cling film
4. Wrap the area with a protective bandage
5. To avoid oil leakage that may stain clothing and bed linen, you may wish to cover the bandage with an old, clean t-shirt or sock.
6. Now your retention tape is ready to be removed in the Burn Clinic.

Important information

Dressing changes may be painful, so please be sure to give your child pain medication (following the packets instructions) approximately 30 minutes before your appointment/admission time. See additional Burns Health Facts.

When you arrive, the dressing will be removed, and your child's burn wound will be washed. You will then be ready to see the Burns team.

Please contact PCH Ward 1B on 6456 3630 if you have any questions or concerns.



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