BBA Clinical Practice Guideline for Deroofing Burn Blisters

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Deroofing of a burn blister is a clinical procedure, which enables removal of the burn blister fluid and of the dead tissue.

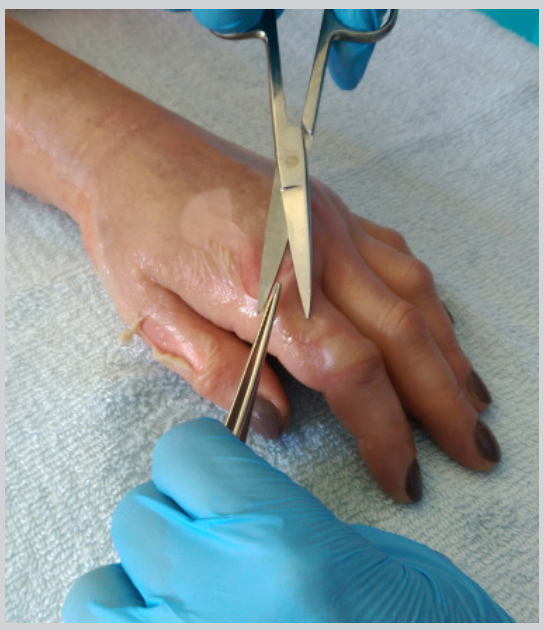
Deroofing Procedure

SKILL SET	☑ Only a practitioner experienced and confident in burn blister management technique should perform the deroofing procedure using appropriate tools
TIMING	☑ Perform on the day of initial assessment to avoid re-adherence of non-viable tissue to the wound bed
TECHNIQUE	☑ Administer analgesia and allow time to be effective, as deroofing procedure may transiently increase pain ☑ Clean the wound with water or saline ☑ Remove all non-viable tissue from the wound bed using either mechanical debridement with moist gauze or sharp dissection with scissors and forceps ☑ Snip the blister, drain the fluid and cut away the dead or devitalised tissue carefully up to (but not including) the margin of sensate tissue ☑ Do not perform blister needle aspiration as bacteria may be introduced into the space and incite infection ☑ Send images of cleaned burn wounds to the local Burn Service via telemedicine, if available locally.

Mechanical debridement with moist gauze for thin-walled blisters



Sharp dissection with scissors and forceps forceps for thick-walled blisters


Dressing a burn wound after deroofing procedure

☑ Cover cleaned burn wounds with loose longitudinal strips of Cling Film for all patients requiring prompt transfer to the **local Burn Service.** Do not apply Cling Film to face.

☑ Apply a non-adherent primary dressing with a secondary absorbent layer to optimise healing time, reduce hypertrophic scarring, improve the functional and aesthetic outcomes and offer a better option for comfort.

☑ Do not use any topical agents, as these are ineffective when placed on intact blisters and should not be used unless the blister has been fully deroofed and only following a consultation with the **local Burn Service**.

Adapted with permission from the London and South East of England Burn Network

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