

GLOW GUIDE

FOR SKIN CARE AFTER BURNS OR ACID INJURY

A NOTE BEFORE YOU BEGIN

This guide was informed by conversations with survivors from the **Chhanv Foundation**, who chose to share their lived experiences with openness and care. Their insights helped shape this resource.
It is intended as a gentle, supportive resource, not a medical manual.

Skin healing after burns or acid attacks is deeply individual. What has felt soothing or helpful for one person may not work the same way for someone else. Your skin, your body, and your recovery timeline are unique.

This guide does not replace medical advice. For any concerns related to treatment, procedures, reactions, or ongoing care, please consult a qualified medical professional who knows your medical history.

You are not expected to read or follow everything here. Take what feels useful, skip what doesn't, and move at your own pace. Healing is not linear, and there is no "right" way to approach it.



Table of Contents

SKIN 05

HAIR & SCALP 10

NAILS & FINGERS 14

RECOVERY SUPPORT TOOLS 17

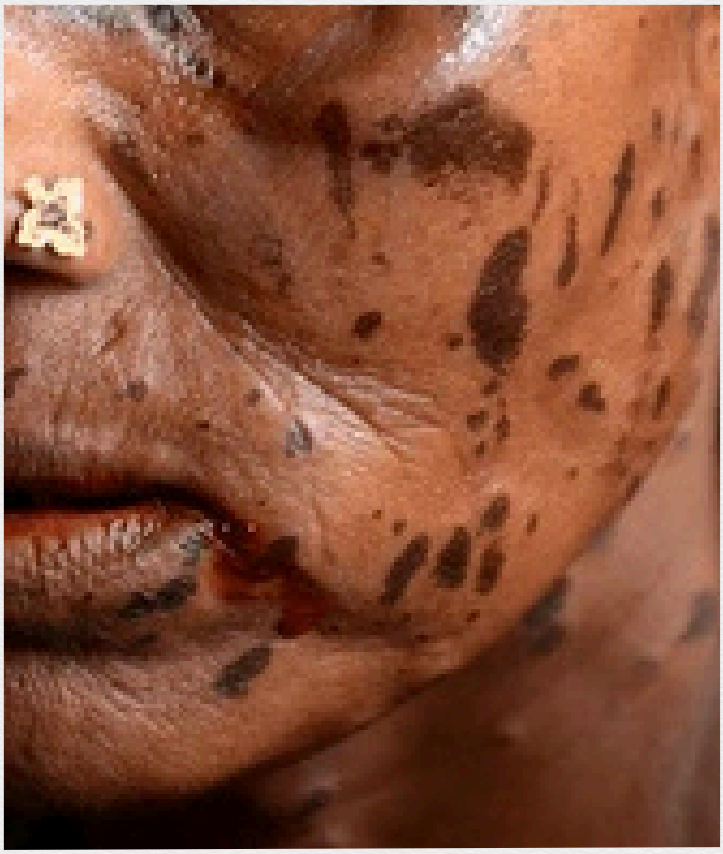
CLEAN BEAUTY & MAKEUP 21

FASHION, CLOTHING & COMFORT 25

NUTRITION & SKIN HEALING 29

HYGIENE 32

THE GLOW DIRECTORY 34





ABOUT

After an acid or burn attack, your body and the way you relate to it can change in ways that take time to understand. Things that once felt familiar, like skincare, haircare, or makeup, may suddenly feel confusing or uncomfortable. It's okay if that feels overwhelming.
This guide covers different parts of everyday care like skin, hair, nails, makeup, and comfort, without pressure, rules, or expectations about what you should do.

This is not a medical manual, and it is not here to rush healing. Instead, it's something you can return to whenever you need. What works for one person may not work for another, and there is no single "right" way forward. You don't have to read this from start to finish. Take what feels useful, skip what doesn't. Above all, this guide exists to remind you that your comfort matters, your pace matters, and you are allowed to take things one step at a time.

SKIN



AFTER A BURN OR ACID ATTACK, YOUR SKIN GOES THROUGH MAJOR CHANGES. YOU MAY NOTICE **DRYNESS, TIGHTNESS, OR SENSITIVITY** THAT FEELS VERY DIFFERENT FROM BEFORE.

UNDERSTANDING WHAT'S HAPPENING AND WHAT ACTUALLY HELPS CAN MAKE **DAILY CARE** FEEL MUCH MORE MANAGEABLE. LET'S GO THROUGH THE COMMON CHANGES AND **HOW TO CARE FOR THEM GENTLY.**

01 Texture & Sensitivity



THIS SECTION COVERS **HOW YOUR SKIN FEELS AFTER INJURY -** THINGS LIKE **ROUGHNESS, DRYNESS, TIGHTNESS, ITCHING, OR SUDDEN IRRITATION.** THESE CHANGES ARE EXTREMELY COMMON BECAUSE **THE SKIN'S NATURAL BARRIER HAS BEEN DAMAGED.**

KEY INFO

WHEN SKIN IS BURNED OR AFFECTED BY ACID:

- OIL GLANDS STOP WORKING PROPERLY → **YOUR SKIN MAY BECOME DRY AND FLAKY.**
- WATER ESCAPES FASTER THAN USUAL → **THIS MAKES THE SKIN FEEL TIGHT OR UNCOMFORTABLE.**
- THE PROTECTIVE BARRIER BECOMES WEAK → G**ERMS CAN ENTER MORE EASILY, RAISING INFECTION RISK.**
- SOME AREAS MAY NOT FEEL PAIN OR TEMPERATURE → **IRRITATION CAN HAPPEN WITHOUT WARNING.**

WHAT TO DO

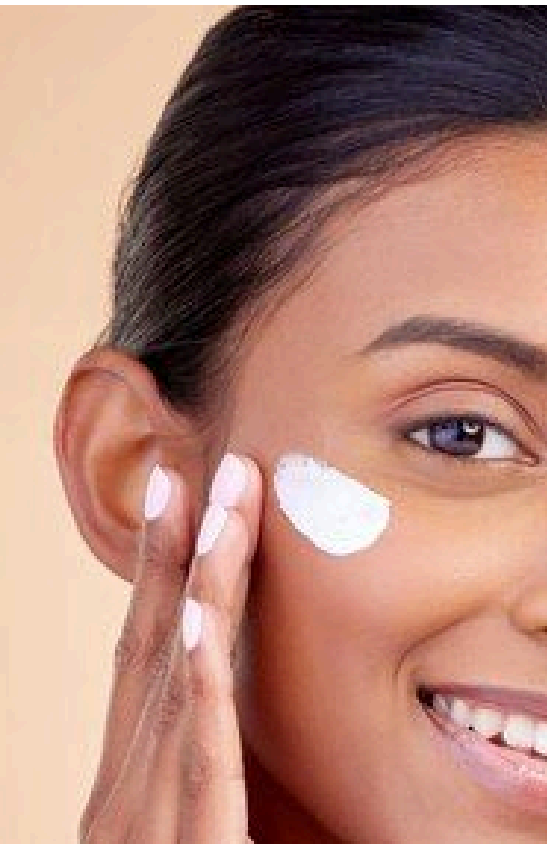
- Keep the skin clean and moisturized.
- Use gentle products only - no fragrance, and no harsh actives.
- If the skin feels itchy, apply a calming moisturiser with ingredients like panthenol, ceramides, or colloidal oatmeal.
- Wear loose, soft fabrics to avoid rubbing against sensitive areas.

SAFETY CHECKS

- If anything burns, stings, or becomes red, wash it off and stop using it.
- Check sensitive areas daily for signs of irritation, especially if you have reduced sensation.
- Do not scratch or pick at flaking skin, this increases infection risk.

YOUR SKIN MAY FEEL UNPREDICTABLE FOR A WHILE, BUT WITH GENTLE CARE, SENSITIVITY BECOMES EASIER TO MANAGE OVER TIME.

02 Moisturizing & Barrier Repair



HEALING SKIN NEEDS **MOISTURE** MORE THAN ANYTHING. THIS SECTION EXPLAINS **HOW TO KEEP YOUR BARRIER STRONG AND COMFORTABLE, AND HOW TO CHOOSE PRODUCTS THAT TRULY HELP.**

KEY INFO

AFTER BURNS:
- THE SKIN LOSES ITS NATURAL OILS.
- IT STRUGGLES TO HOLD ON TO HYDRATION.
- WITHOUT MOISTURE, THE BARRIER STAYS WEAK, AND TIGHTNESS OR ITCHING GETS WORSE.

TWO TYPES OF INGREDIENTS HELP THE MOST:
- HUMECTANTS (LIKE HYALURONIC ACID OR GLYCERIN) → THEY HELP TO PULL WATER INTO THE SKIN.
- OCCLUSIVES (LIKE PETROLATUM) → THEY ACT LIKE A SEAL TO STOP WATER FROM ESCAPING.

WHAT TO DO

- Apply moisturizer **every morning and evening.**
- If your skin is very dry, layer a **hydrating product first,** then a thicker cream **(humectant → occlusive).**
- Ceramide creams work well because **they help rebuild the natural barrier.**
- If you're unsure between coconut oil and creams, coconut oil can be soothing, but **ceramide creams are usually safer and more reliable for damaged skin.**
- **Always do a patch test** on a small area and **wait 24 hours** before applying anything new more widely.

SAFETY CHECKS

- Only use **petroleum jelly** on healed, closed areas, **not on open wounds.**
- If your skin overheats easily, **avoid thick oils that trap too much heat.**

WHAT TO AVOID

- Fragrance or alcohol in moisturizers.
- Strong actives like salicylic acid, glycolic acid, or retinol.
- Anything that causes you burning or stinging.

MOISTURIZING ISN'T JUST SKINCARE - IT'S PART OF **HEALING**. WITH **CONSISTENT CARE,** YOUR SKIN WILL FEEL MORE **COMFORTABLE AND PROTECTED.**

03 Sun Protection



SUN PROTECTION IS ONE OF THE MOST IMPORTANT STEPS IN **RECOVERY**. DAMAGED OR SCARRED SKIN REACTS MUCH MORE STRONGLY TO SUNLIGHT, SO **SUNSCREEN** BECOMES A **DAILY** ESSENTIAL.

KEY INFO

AFTER A BURN OR ACID INJURY:

- UV RAYS CAN DARKEN SCARS PERMANENTLY.
- REDNESS INCREASES FASTER IN THE SUN.
- HEALING SLOWS DOWN WHEN SKIN IS EXPOSED.
- DEPIGMENTED OR GRAFTED SKIN CAN BURN VERY QUICKLY.

MINERAL SUNSCREENS ARE THE SAFEST BECAUSE THEY SIT ON TOP OF THE SKIN, ACTING LIKE A SHIELD.

WHAT TO DO

- Apply SPF every morning - even indoors.
- Choose mineral sunscreens with: Zinc oxide or Titanium dioxide
- Use SPF 30 daily, SPF 50 if you're outside for long.
- Look for formulas that are fragrance-free, alcohol-free, and hypoallergenic.
- Reapply every 2/3 hours when outdoors.
- Use hats, scarves, or UPF clothing for extra protection.

SAFETY CHECKS

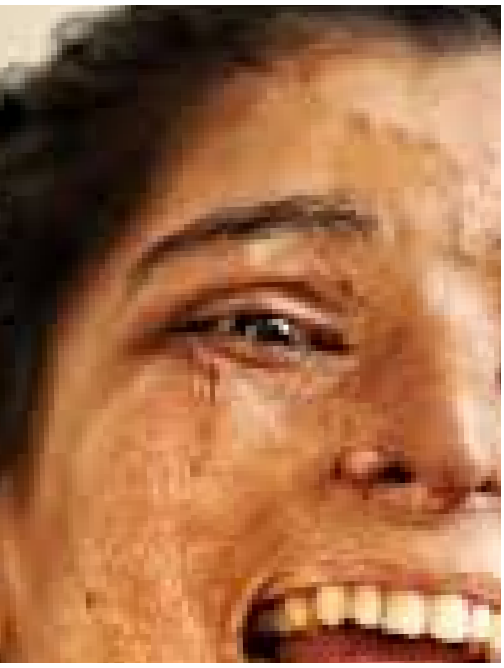
- Patch test mineral sunscreen if your skin is very reactive.
- If any sunscreen causes burning, remove it right away and switch to a different mineral formula.

WHAT TO AVOID

- Chemical sunscreens that have oxybenzone or high-avobenzone formulas can sting damaged skin.
- Creams and lotions are safer.
- Sunscreen sprays may have alcohol and could cause stinging so check the ingredients before using.

SUN PROTECTION MIGHT FEEL LIKE AN EXTRA STEP, BUT IT PROTECTS YOUR **HEALING SKIN MORE THAN ALMOST ANYTHING ELSE.**

04 Camouflage & Appearance



MAKEUP CAN BE A SOURCE OF **CONFIDENCE AND COMFORT.** THIS SECTION FOCUSES ON **SAFE, GENTLE OPTIONS THAT DON'T IRRITATE SENSITIVE OR HEALING SKIN.**

KEY INFO

DAMAGED SKIN IS MORE REACTIVE, SO MAKEUP SHOULD TO BE:

- FRAGRANCE-FREE
- GENTLE
- NON-IRRITATING
- EASY TO REMOVE

SOME AREAS MAY ALSO HAVE **REDUCED SENSATION,** SO IT'S IMPORTANT TO APPLY PRODUCTS CAREFULLY.

WHAT TO DO

- You might like to use high-coverage products for evening skin tone.
- Color-correctors might also be something to look into to reduce redness or discoloration.
- If you've lost eyebrow hair, you might consider tattooed eyebrows or microblading, but only after medical clearance.
- For a natural look, use hydrating, non-fragranced makeup options from survivor friendly/sensitive skin friendly brands.

MAKEUP REMOVAL

- Use micellar water or a gentle balm. No alcohol, no fragrance.
- Remove makeup slowly and softly to avoid pulling the skin.
- If the process feels emotionally heavy or triggering, take breaks; healing is both physical and emotional.

When to Get Professional Help

- Ask a dermatologist before using new products around grafts or fragile areas.

WHAT TO AVOID

- Shimmer particles (mica) → can cause micro-abrasions.
- Essential oils, fragrance, peppermint, or menthol → can irritate or burn the skin.
- Harsh removers or scrubbing *(a harsh remover is one that has alcohol)*.

AND REMEMBER, THERE'S **NO "RIGHT" WAY TO USE MAKEUP;** THERE IS ONLY WHAT MAKES YOU **FEEL GOOD.** TAKE IT AT YOUR OWN PACE, AND CHOOSE WHAT FEELS **GENTLE AND SUPPORTIVE.**

HAIR & SCALP



AFTER BURNS OR GRAFTS, **THE SCALP MAY FEEL DRY, SENSITIVE, OR TIGHT.** HAIR FOLLICLES COULD BE AFFECTED, WHICH MAY LEAD TO **SLOW, UNEVEN, OR REDUCED REGROWTH.**

WITH GENTLE CARE AND PATIENCE, MANY SURVIVORS FIND ROUTINES THAT SUPPORT **COMFORT AND CONFIDENCE.**

01 Hair Loss or Changes in Growth

BURNS CAN DAMAGE THE HAIR FOLLICLES THAT PRODUCE NEW STRANDS.

- If follicles are only partly damaged, hair may grow back slowly or unevenly.
- If a follicle was fully destroyed, regrowth may not occur in that spot.
- Regrowth timing varies, could be months or longer, and at different paces for everyone.



WHAT HELPS?



- Keep the area **clean** and **avoid scratching or tugging.**
- Once the area has healed, a dermatologist can suggest safe options like **medicated serums or light-based therapies to help.**

AND REMEMBER, EVERYONE'S PATTERN OF REGROWTH IS AT THEIR OWN PACE, AND THAT IS NORMAL FOR HEALING SKIN.
PROGRESS OFTEN COMES SLOWLY BUT STEADILY.



02 Scalp Care

A RECOVERING SCALP REQUIRES **MILD, NON-IRRITATING** PRODUCTS TO **PREVENT DRYNESS AND DISCOMFORT.**

SAFE OPTIONS

- Shampoos: Sulphate-free, fragrance-free formulas (Sebamed, Aveeno, Cetaphil, or doctor-recommended).
- Serums: Calming ingredients like aloe vera, panthenol (pro-vitamin B5), and niacinamide (vitamin B3).
- Hydration: Light oils such as almond, amla, jojoba oil or squalane/products with squalane in small amounts.

PREVENTING IRRITATION

- Clean brushes, combs, clips, and hair tools regularly.
- Avoid tight or pulling hairstyles until the scalp fully heals.
- Skip products with harsh alcohols or menthol.



GENTLE ROUTINES PROTECT **HEALING SKIN AND REDUCE FLARE-UPS** OVER TIME.

03 Cosmetic Options



MANY SURVIVORS USE COSMETIC TOOLS TO MANAGE **THINNING OR PERMANENT HAIR LOSS,** ESPECIALLY IF IT BOOSTS COMFORT OR CONFIDENCE.



OPTIONS WHICH MIGHT BE RIGHT FOR YOU COULD BE:

- **Wigs**: Breathable mesh or bamboo-lined options to reduce irritation, but remember to wash and air out regularly.
- **Scalp micropigmentation:** A tattoo technique that creates the look of fuller hair.
- **Clip-in extensions:** These are safer than glued or tightly bonded methods of extensions.

COSMETIC CHOICES ARE ENTIRELY UP TO YOU; SOME PEOPLE USE THEM DAILY, OTHERS NOT AT ALL. **IT IS YOUR COMFORT THAT MATTERS THE MOST.**

NAILS & FINGERS



NAILS AND THE SURROUNDING SKIN CAN BE AFFECTED **DURING AND AFTER THE HEALING PROCESS OF HAND BURNS.**

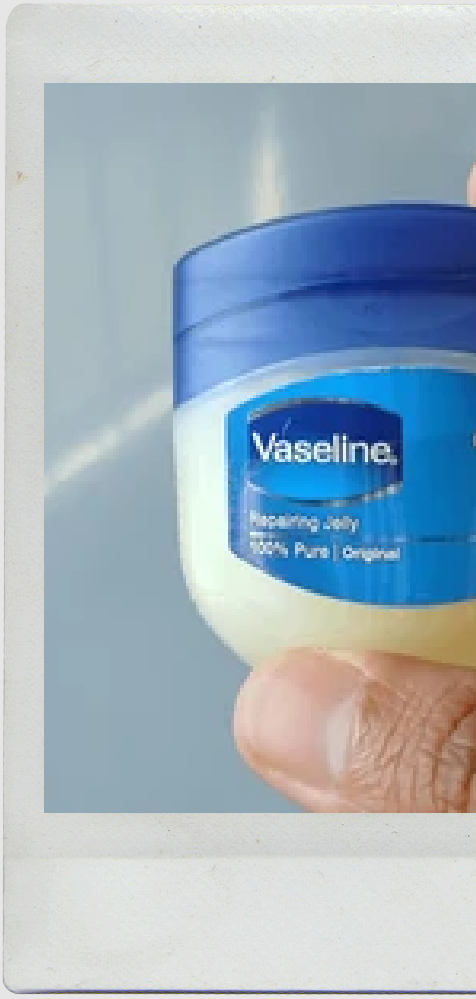
UNDERSTANDING WHAT TO EXPECT AND HOW TO APPROACH NAIL CARE SAFELY CAN HELP **REDUCE** COMPLICATIONS AND SUPPORT **LONG-TERM HAND HEALTH.**

01 Nail Deformities or loss



BURNS ON THE HANDS OR FINGERS CAN AFFECT THE **NAIL ROOT,** WHICH IS WHERE **NEW NAILS GROW**. THIS COULD CAUSE NAILS TO **GROW SLOWER, CHANGE SHAPE, BECOME WEAK, OR STOP GROWING ALTOGETHER.**

THE SKIN AROUND THE NAILS CAN ALSO FEEL **DRY, FRAGILE, OR MORE SENSITIVE THAN BEFORE.**



SOME GENTLE DAILY CARE HABITS CAN HELP PROTECT THIS AREA, SUCH AS:

- Washing your hands with a **mild, fragrance-free cleanser**
- **Avoid** cutting cuticles, because they act as a **barrier against infections**
- Keep the area **moisturised** with plain petroleum jelly(**Vaseline**) or a simple, **fragrance-free cream**
- Wear **soft gloves** during chores to protect the delicate and healing skin

CHANGES IN NAILS CAN FEEL **FRUSTRATING**, BUT THEY ARE COMMON. CAREFUL, **CONSISTENT CARE** CAN HELP PREVENT FURTHER PROBLEMS.

02 Extensions & Covers



SOME SURVIVORS CHOOSE **NAIL COVERS OR EXTENSIONS** FOR CONFIDENCE OR SPECIAL OCCASIONS.

HOWEVER, IT IS IMPORTANT TO KNOW THAT THESE ARE ONLY SAFE ONCE THE **SKIN IS FULLY HEALED AND FREE FROM WOUNDS OR INFECTION.** IF YOU ARE UNSURE, IT IS SAFER TO AVOID EXTENSIONS ENTIRELY.



IF YOU CHOOSE TO USE THEM, KEEP THESE THINGS IN MIND:

- Choose **press-on nails, silicone covers, or custom-fit extensions**
- **Avoid** acrylics, harsh glues, acidic primers, or aggressive filing to the natural nail beds
- Look for **gentle or sensitive-skin adhesives** and always **patch test first** to ensure you do not have a negative reaction to the ingredients
- Ask your nail technicians to be **extra careful** around fragile cuticles and other fragile parts of your hands.

IF THERE IS **REDNESS, PAIN, SWELLING, OR DISCHARGE,** IT'S BEST TO **AVOID** ARTIFICIAL NAIL PRODUCTS AND SPEAK TO A **DOCTOR** BEFORE USING THEM.

RECOVERY SUPPORT TOOLS



RECOVERY AND SELF-CARE CAN INVOLVE A RANGE OF MEDICAL AND ADAPTIVE CHOICES, DEPENDING ON INDIVIDUAL NEEDS, GOALS, AND COMFORT LEVELS.

THIS SECTION INTRODUCES OPTIONS THAT MAY SUPPORT **FUNCTION, APPEARANCE, OR DAILY ROUTINES,** WHILE **EMPHASIZING** INFORMED **DECISION-MAKING AND PERSONAL CHOICE** THROUGHOUT THE PROCESS.

01 Plastic Surgery & Laser Therapies

SOME SURVIVORS CHOOSE **MEDICAL** PROCEDURES TO IMPROVE MOVEMENT, **COMFORT, OR APPEARANCE.**





COMMON OPTIONS INCLUDE:

- **Scar revision:** Smooths raised or thick scars.
- **Contracture release:** Frees tight skin that restricts motion.
- **Pigment or laser treatments:** Reduce redness, even texture, or improve discoloration.

HOWEVER, SOME THINGS TO CONSIDER ARE THAT THESE PROCEDURES CAN REQUIRE **MULTIPLE SESSIONS, MAY BE COSTLY,** AND INVOLVE **SHORT RECOVERY PERIODS.** SO, IF YOU ARE INTERESTED IN ANY OF THESE OPTIONS, IT IS IMPORTANT TO CHOOSE SURGEONS WITH **POST-BURN OR POST-ACID-INJURY EXPERIENCE.**

02 Prosthetics & Function



COSMETIC PROSTHETICS CAN REPLACE MISSING FEATURES SUCH AS **EARS, FINGERS, OR PARTS OF THE NOSE.**



HOW PROSTHETICS ARE MADE AND USED:

- A prosthetist designs the piece using scans or molds.
- Silicone is tinted to match your skin tone.
- Attachment options include medical adhesives or small clips.
- Remember to clean daily with mild soap and water to maintain durability.

THE USE OF PROSTHETICS IS TOTALLY A **PERSONAL CHOICE;** IT MAY BE HELPFUL FOR SOME, UNNECESSARY FOR OTHERS, OR IT MIGHT JUST MAKE PEOPLE FEEL BETTER, AND THAT IS JUST AS IMPORTANT.

03 Assistive Makeup Tools

AFTER BURNS, YOUR HANDS OR FINGERS **MIGHT NOT** BE ABLE TO MOVE THE WAY THEY USED TO, AND THAT CAN MAKE MAKEUP FEEL TRICKY.

THE RIGHT TOOLS CAN MAKE THE PROCESS **EASIER** AND **GENTLER** ON YOUR BODY.



SOME HELPFUL TOOL OPTIONS COULD BE:



- **Ring lights or phone stands** so you don't have to hold anything up while you get ready.
- **Brushes with thicker,** easier-to-grip handles or small silicone sleeves that make tools steadier in your hand.
- **One-hand or low-mobility** makeup techniques that show how to use the table or your palm for support.

THESE SMALL ADJUSTMENTS COULD TAKE A LOT OF PRESSURE OFF YOUR HANDS AND HELP YOUR ROUTINE FEEL CALM, COMFORTABLE, AND DOABLE.

CLEAN BEAUTY & MAKEUP



AFTER A BURN OR ACID INJURY, YOUR SKIN BECOMES **MORE SENSITIVE AND REACTIVE.** MAKEUP CAN STILL BE A PART OF YOUR ROUTINE, BUT THE PRODUCTS AND INGREDIENTS YOU USE NEED TO **BE EXTRA GENTLE.**

THIS SECTION SHOWS YOU **HOW TO CHOOSE SAFE PRODUCTS, UNDERSTAND INGREDIENT LABELS, AND KEEP YOUR TOOLS CLEAN.**

01 Makeup Safety For Sensitive Skin



MAKEUP CAN **IRRITATE HEALING** SKIN IF THE FORMULA IS TOO STRONG.

KNOWING WHAT TO AVOID MAKES YOUR ROUTINE MUCH SAFER.

SOME COMMON INGREDIENTS WHICH MAY CAUSE IRRITATION:

- Fragrance
- Parabens
- Sulfates (SLS)
- Alcohols
- Menthol, peppermint, camphor
- Essential oils
- Glitter or shimmer particles
- Harsh preservatives (such as formaldehyde releasers)

SOME SURVIVOR FRIENDLY INGREDIENTS WHICH TEND TO BE GENTLER AND LESS IRRITATING:

- Hypoallergenic brands
- Mineral-based foundations
- High-silicone foundations
- Cream blush/bronzer (no shimmer)
- Hydrating concealers
- Fragrance-free lip products (SPF is a bonus)

AND REMEMBER, YOU **DON'T NEED** A FULL ROUTINE. EVEN **ONE PRODUCT** USED SAFELY CAN HELP YOU FEEL MORE CONFIDENT.

02 *INCI Ingredient Decoder



READING **LONG LABELS** ON THE BACK OF PRODUCTS CAN FEEL COMPLICATED, SO HERE'S A SIMPLE SYSTEM TO HELP.

HOW TO READ A LABEL:

- Ingredients appear from highest to lowest concentration
- Focus on the first 5–7 ingredients
- Look for labels like fragrance-free, alcohol-free, and hypoallergenic

IF YOU EVER GET CONFUSED OR OVERWHELMED, HERE IS A LIST OF INGREDIENTS WHICH ARE SAFE AND WHICH TO AVOID. HOWEVER, THIS LIST IS NOT EXHAUSTIVE. IF YOU COME across OTHER INGREDIENTS, DO CHECK WITH YOUR DOCTOR DIRECTLY BEFORE USING.

SAFE TO USE	USE WITH CAUTION*	UNSAFE TO USE
Aloe vera	Niacinamide (above 5%)	AHAs (glycolic acid, high-dose lactic acid)
Hyaluronic acid	Mild plant oils	BHAs (salicylic acid)
Petrolatum (ONLY on healed skin)	Low-dose lactic acid (ONLY with doctor approval)	Retinoids (unless prescribed)
Panthenol (Pro-vitamin B5)	Herbal extracts	Benzoyl peroxide
Glycerin		Essential oils
Ceramides		Alcohol-based products
Colloidal oatmeal		Fragrance
Centella Asiatica (low concentration)		Sulfates

* International Nomenclature of Cosmetic Ingredients

***USE WITH CAUTION:** THESE INGREDIENTS MAY WORK FOR SOME PEOPLE, BUT THEY SHOULD ONLY BE USED AFTER PATCH TESTING AND WITH MEDICAL GUIDANCE.
IF YOU'RE UNSURE WHETHER A PRODUCT WORKS FOR YOU, IT'S ALWAYS BEST TO DO A **PATCH TEST** ON YOUR ARM **BEFORE** APPLYING ANYTHING TO YOUR **FACE**.

03 Tool Hygiene

KEEPING YOUR TOOLS CLEAN PREVENTS **BACTERIA AND INFECTION;** THIS IS ESPECIALLY IMPORTANT FOR **FRAGILE** OR **HEALING** SKIN.

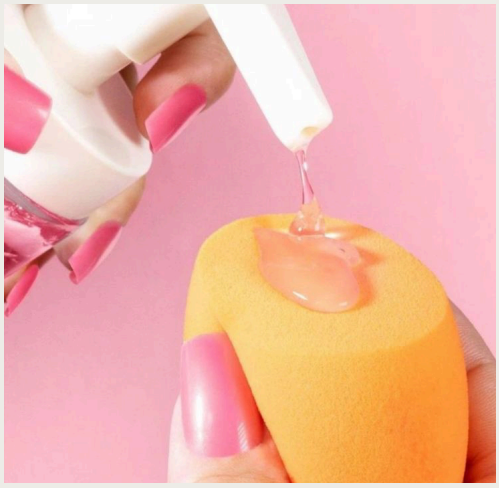


TO KEEP BRUSHES CLEAN, YOU SHOULD:

- WASH WEEKLY WITH BABY SHAMPOO OR A GENTLE CLEANSER
- RINSE WITH LUKEWARM WATER
- AIR-DRY ON A TOWEL

FOR SPONGES:

- SOAK IN A WARM WATER AND MILD SOAP MIXTURE FOR 10–15 MINUTES
- RINSE WELL
- REPLACE EVERY 1–2 MONTHS





SOME GENERAL TOOL HYGIENE TIPS:

- KEEP TOOLS IN A CLEAN, DRY POUCH.
- AVOID SHARING BRUSHES OR SPONGES.
- WIPE PRODUCT TOPS (LIKE COMPACTS OR STICK MAKEUP) WITH A CLEAN TISSUE OR WET WIPE

REMEMBER, YOU DON'T NEED MANY TOOLS, JUST A FEW **CLEAN** ONES THAT FEEL **GENTLE** ON YOUR SKIN AND WORK FOR YOU!

CLOTHING, FASHION & COMFORT



AFTER A BURN OR SURGERY, EVEN **EVERYDAY CLOTHING** CAN AFFECT HOW YOUR SKIN FEELS. THE **RIGHT FABRICS AND FITS CAN PROTECT SENSITIVE AREAS,** REDUCE IRRITATION, AND HELP YOU FEEL MORE LIKE YOURSELF AGAIN.

THIS SECTION SHARES **EASY WAYS TO STAY COMFORTABLE** WHILE BUILDING A STYLE THAT FEELS GOOD TO YOU.

01 Daily Wear Recommendations

CLOTHES SIT DIRECTLY ON HEALING SKIN, SO CHOOSING SOFT AND PROTECTIVE FABRICS MAKES A HUGE DIFFERENCE.





WHAT TO LOOK FOR IN CLOTHES:

- Cotton, bamboo, or modal:

Basically, soft, breathable, and gentle on grafts or fragile areas.

- UV-protective clothing to protect the healing skin from the sun. Hats, scarves, and long sleeves help prevent irritation from outside factors such as pollution.
- Adaptive options for limited movement, such as front-open tops, magnetic closures, velcro, or pieces that slide easily over compression garments.

YOU DON'T NEED A WHOLE NEW WARDROBE. A FEW SOFT, EASY PIECES CAN MAKE DAILY LIFE MUCH MORE COMFORTABLE.

02 Social & Style Guidance



CLOTHING CAN BE **MORE THAN COMFORT;** IT CAN HELP YOU FEEL CONFIDENT.

MANY SURVIVORS USE STYLE AS A WAY TO **RECONNECT** WITH THEIR **IDENTITY**, ESPECIALLY WHEN COMPRESSION GARMENTS OR **PROSTHETICS** BECOME PART OF **DAILY LIFE.**



SIMPLE STYLE IDEAS:

- **Light scarves, wraps, or kimonos** give gentle coverage without overheating.
- Use **accessories** (hats, earrings, prints, jewelry) to draw attention to your features that you love.
- You could pair compression garments with **flowy** layers that add **softness** and movement.
- Explore **fashion campaigns** or look online for inspiration on your clothing and style preferences.

THERE'S NEVER A **"RIGHT"** WAY TO DRESS. YOUR STYLE SHOULD BE WHATEVER MAKES YOU FEEL **CONFIDENT**.

03 Practical Everyday Hacks

A FEW SMALL ADJUSTMENTS CAN MAKE DRESSING **MORE COMFORTABLE,** ESPECIALLY ON **SENSITIVE OR WARM DAYS.**





COMFORT TIPS:

- In hot weather, use talc-free powder or cornstarch under arms or folds to reduce rubbing.
- Choose alcohol-free deodorants to avoid stinging on healing skin.
- Pick seamless or tag-free undergarments, soft bralettes, front-closing bras, and high-waisted cotton underwear for gentle support.

COMFORT AND HEALTH SHOULD ALWAYS COME FIRST. **STYLE** CAN ALWAYS BE BUILT ON TOP OF WHAT IS ALSO GOOD FOR YOUR BODY.

NUTRITION & SKIN HEALING



FOOD PLAYS A SUPPORTIVE ROLE IN RECOVERY BY HELPING THE BODY HEAL FROM WITHIN. **BALANCED NUTRITION AND HYDRATION** CAN AID WOUND **REPAIR**, **REDUCE INFLAMMATION,** AND KEEP **HEALING SKIN MORE COMFORTABLE.**

SMALL, CONSISTENT FOOD CHOICES, ALONG WITH MINDFUL **HYDRATION** AND **SAFETY** AROUND SUPPLEMENTS, CAN MAKE RECOVERY **SMOOTHER** WHILE AVOIDING FOODS THAT MAY **TRIGGER DISCOMFORT**.

01 How food supports recovery



FOOD CAN'T **UNDO SKIN DAMAGE**, BUT IT DOES HELP YOUR BODY HEAL FROM WITHIN.

THE RIGHT **NUTRIENTS** SUPPORT **WOUND REPAIR**, **REDUCE INFLAMMATION**, AND HELP YOUR SKIN STAY MORE **FLEXIBLE** AND **COMFORTABLE** DURING RECOVERY.

02 Nutrients that help skin heal



SOME NUTRIENTS ARE ESPECIALLY SUPPORTIVE WHILE HEALING:

- Vitamins A, C, and E help repair skin cells and protect healing tissue
- Zinc supports wound closure and lowers infection risk
- Omega-3 fats reduce inflammation and improve skin elasticity

WHERE TO FIND THEM:

- Nuts and seeds (almonds, sunflower seeds, flaxseeds)
- Eggs, lentils, and fatty fish like salmon
- Leafy greens such as spinach or moringa



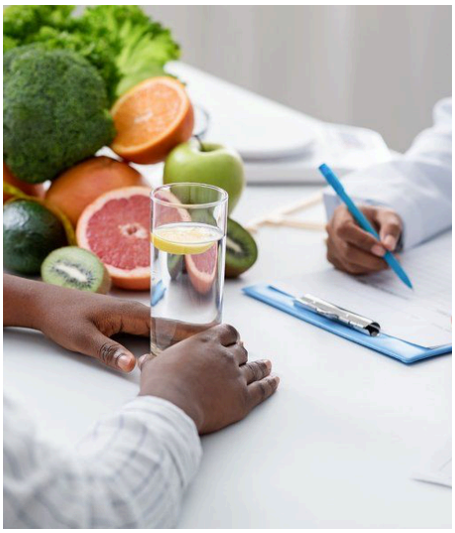
REMEMBER, YOU DON'T NEED TO EAT PERFECTLY, BUT SMALL, CONSISTENT CHOICES STILL HELP.

03 Hydration matters



STAYING **HYDRATED** HELPS HEALING SKIN STAY **ELASTIC** AND **LESS TIGHT**. ALONG WITH WATER, **GENTLE ELECTROLYTES** (LIKE COCONUT WATER OR WATER WITH LEMON AND A PINCH OF SALT) CAN HELP KEEP YOUR **ENERGY UP**, TOO.

04 Supplements & safety



SOME PEOPLE CONSIDER SUPPLEMENTS LIKE ZINC, BIOTIN, OR COLLAGEN, BUT THESE NEED CAUTION.

- More is not always better; high doses can cause side effects
- Avoid unprescribed powders or creams, especially those containing steroids or mercury
- Always check with a doctor or nutritionist before starting new supplements

05 Foods that may trigger discomfort

SOME FOODS CAN INCREASE REDNESS OR ITCHING FOR CERTAIN PEOPLE:

- Dairy
- Sugary or packaged foods
- Very spicy or deep-fried foods



IF **FLARE-UPS HAPPEN, A SIMPLE FOOD DIARY** (WHAT YOU ATE + HOW YOUR SKIN FELT) CAN HELP YOU NOTICE PATTERNS WITHOUT **RESTRICTION OR STRESS.**

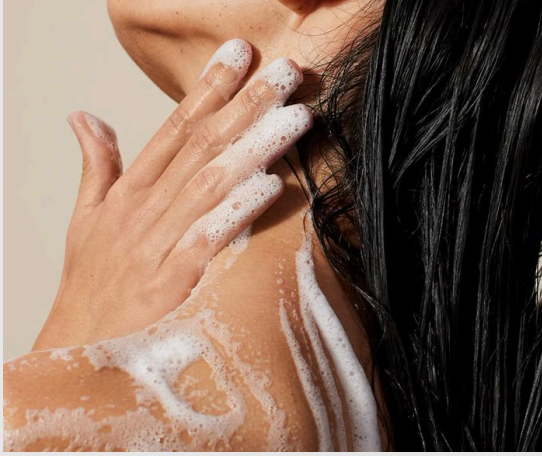
HYGIENE



GENTLE HYGIENE PLAYS AN IMPORTANT ROLE IN HEALING. KEEPING SKIN CLEAN WITH **MILD, CAREFUL HABITS** HELPS REDUCE INFECTION RISK, **PROTECTS** SENSITIVE AREAS, AND SUPPORTS **RECOVERY WITHOUT** CAUSING **IRRITATION**.

SIMPLE, CONSISTENT CARE CAN HELP YOU FEEL MORE **COMFORTABLE AND CONFIDENT** AS YOUR SKIN HEALS.

01 Why hygiene matters during healing



KEEPING YOUR SKIN CLEAN HELPS PROTECT IT WHILE IT HEALS. **GENTLE HYGIENE LOWERS** THE RISK OF **INFECTION** AND CAN HELP YOU FEEL SAFER AND MORE IN CONTROL DURING RECOVERY.

02 Gentle daily cleaning



SLOW AND GENTLE IS ENOUGH, YOUR SKIN DOESN'T NEED **FORCE TO STAY** CLEAN AND KEEP HEALING.

YOUR HEALING SKIN NEEDS CARE, NOT PRESSURE.

- Use cool/lukewarm water and a mild, fragrance-free cleanser
- Avoid scrubbing, loofahs, or rough cloths
- Pat your skin dry with a soft, clean towel. Don't rub
- If you use prescribed dressings or ointments, follow the medical advice given

03 Preventing infection



SMALL HABITS CAN MAKE A BIG DIFFERENCE:

- Wash your hands before touching wounds, scars, or applying products
- Don't share towels, makeup, or skincare tools with others
- Keep nails short and clean to avoid scratching or accidentally hurting yourself
- Watch for signs like redness, swelling, pus, strong odor, or pain, and contact a doctor if they appear

04 Supporting recovery

HEALING SKIN IS DELICATE, BUT IT'S ALSO STRONG. A CONSISTENT, GENTLE HYGIENE ROUTINE HELPS PROTECT IT ONE STEP AT A TIME.

THE GLOW DIRECTORY



THE GLOW DIRECTORY IS A GROWING LIST OF PRODUCTS, PEOPLE, AND PLACES THAT MAY SUPPORT YOUR SKINCARE JOURNEY AFTER A BURN OR ACID INJURY. EVERYTHING INCLUDED HERE HAS BEEN EITHER:

- SHARED BY SURVIVORS
- RECOMMENDED BY PROFESSIONALS
- OR OFFERED BY ORGANISATIONS THAT WORK CLOSELY WITH BURN SURVIVORS

THIS LIST MAY BE SMALL NOW, BUT IT WILL GROW AS MORE VOICES ARE ADDED.

DISCLAIMER: INCLUSION DOES NOT IMPLY ENDORSEMENT. KEEP IN MIND THAT PRODUCT SUITABILITY VARIES BY INDIVIDUAL.

01 Products

THESE ARE PRODUCTS SOME SURVIVORS HAVE FOUND HELPFUL FOR DRYNESS, SCAR CARE, OR SENSITIVE-SKIN MAKEUP:

- Moisturizers:
  - Sebamed Moisturizing Cream
  - CeraVe Healing Ointment
- Sunscreens:
  - Neutrogena Dry-Touch SPF50
- Foundations:
  - Dermablend Leg and Body Cover
  - Ruby's Organics Liquid Foundation
- Tools:
  - Real Techniques Easy Grip Brushes
  - Reusable silicone sponges



ALWAYS DO **PATCH TESTS FIRST.** AND REMEMBER THAT EVERYONE'S SKIN IS **DIFFERENT**; WHAT WORKS FOR ONE PERSON **MAY NOT WORK** FOR EVERYONE.

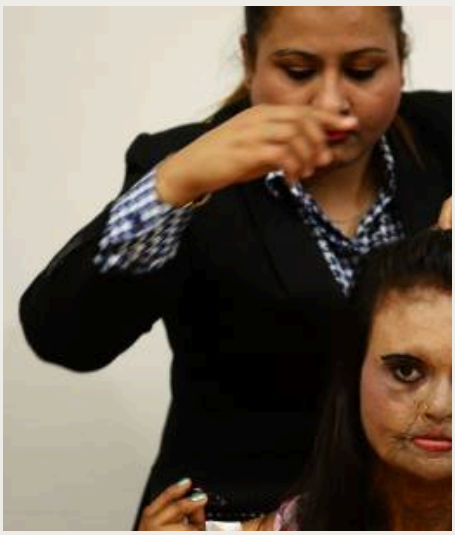
02 Dermatologist-led & small-batch brands



SOME BRANDS ARE BUILT AROUND **SKIN SCIENCE** OR CREATED BY SMALL TEAMS FOCUSED ON **SENSITIVE SKIN.** OVER TIME, THIS SECTION MAY INCLUDE:

- Hypoallergenic, fragrance-free skincare labs
- Small-batch scar care with transparent ingredients
- Indian startups led by dermatologists or skin researchers

03 Service providers



THIS SECTION HIGHLIGHTS PROFESSIONALS FAMILIAR WITH SURVIVOR NEEDS, SUCH AS:

- Dermatologists with burn-care experience
- Makeup artists specializing in adaptive makeup or is used to working with sensitive skin
- Prostheticians for facial or hand prosthetics
- Counselors experienced in body image or trauma recovery

04 NGOs & hospital programs

TRUSTED ORGANISATIONS THAT SUPPORT BURN SURVIVORS THROUGH CARE, REHABILITATION, OR MENTAL HEALTH SERVICES INCLUDE:

- Chaav Foundation - https://www.chhanv.org/
- Atijeevan Foundation - https://www.atijeevanfoundation.org/
- AIIMS Delhi Burn Unit- https://www.aiims.edu/
- Make Love Not Scars- http://makelovenotscars.org/
- The Laxmi Foundation - https://www.thelaxmi.org/
- Meer Foundation - https://meerfoundation.org/
- Acid Survivors Saahas Foundation - https://www.assfindia.org/

**this is not an exhaustive list and includes primarily Indian organisations*

