

# JOURNEY FORWARD.

Recovery after a burn injury is **physical – emotional – social**. You don't have to travel that journey alone.

Phoenix Society for Burn Survivors is the leading resource, connector, and go-to place for those impacted by a burn injury.

## CONNECT AND CONTACT:

☎ 1.800-888-BURN(2876)

✉ [info@phoenix-society.org](mailto:info@phoenix-society.org)

f @PhoenixSocietyforBurnSurvivors

[WWW.PHOENIX-SOCIETY.ORG](http://WWW.PHOENIX-SOCIETY.ORG)

## PHASE 1: INITIAL INJURY



**DID YOU KNOW?** Everyone heals differently, but we are with you every step of the way.

### ● ACCIDENT

### GET CARE



### ONE DAY AT A TIME

Track your progress throughout recovery. Over time, you'll be amazed how your baby steps add up.

## PHASE 2: GOING HOME



Your burn care team understands that going home after a burn is overwhelming. Don't hesitate to reach out with any questions or concerns.

### ! CARE TIP

Keep a list of questions for your next follow-up visit. This will help you remember what to ask, even if you're overwhelmed in the moment.

**DID YOU KNOW?** Over the first **12-18 months**, your scars will thicken and mature. This can impact both appearance and range of motion. Wear your pressure garments and do physical therapy as directed—*your future self will thank you.*

### DISCHARGE

## PHASE 3: ONGOING HEALING

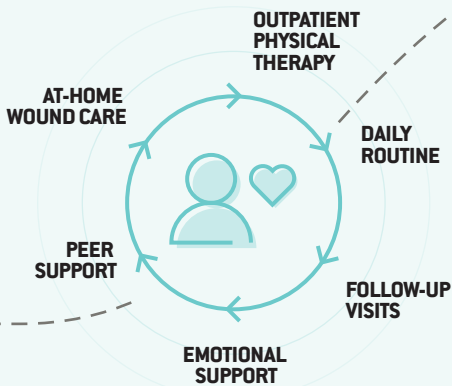


When you're recovering from a traumatic injury, healing isn't a straight line. In this phase, it's important to stick to a daily routine.

No one understands what you're going through better than another burn survivor. Contact Phoenix Society to get connected with a trained Peer Supporter.

### ! CARE TIP

Try **five minutes** of uninterrupted journaling. Releasing thoughts and anxieties on paper can help you gain perspective and sort through emotions.



## PHASE 4: LIVING & THRIVING WITH A BURN



A burn injury does not define you. With support and community, you can achieve your goals.

AS-NEEDED  
PROCEDURES

CREATE  
"NEW"  
NORMAL

ONGOING  
EMOTIONAL  
SUPPORT

### ! CARE TIP

Each day, write down **three things** you're grateful for. Noticing the good along with the challenges can help you stay optimistic.

**DID YOU KNOW?** Phoenix Society's website has hundreds of free resources with information on everything from beating the itch to finding a burn injury attorney. When you have a question about recovery, this can be your first stop.