Pediatric Burn Clinic
What to do after the burn has healed

Taking care of your child’s healed skin

✓ Clean healed skin daily with warm water and mild unscented soap.
✓ Apply a water-based unscented cream or lotion to the healed skin 4 times a day.
✓ When applying the cream or lotion, massage the area in circles with gentle pressure to help keep the healed skin flat and moist. This can help prevent a thickened scar.

☐ If your child is complaining of itching to the area
  o Apply a cream or lotion as recommended above.
  o If this does not improve the itching within 1 week, apply a 0.5% hydrocortisone cream up to 2 to 3 times a day or as directed. Use in addition to the cream or lotion.
  o Do not use the hydrocortisone cream for more than 4 weeks without talking to your family doctor.

☐ If your child was shown stretching exercises to prevent skin tightening, please complete these 5 to 6 times a day.

☐ If a splint and/or pressure garment has been made, your child should continue to wear it as instructed.

☐ There is no restriction to activities including swimming or showering unless specified by your doctor.
Protect your child’s healed skin

✓ Newly healed skin is very delicate, can injure easily and may be more sensitive than usual.
✓ Hitting or rubbing the skin can cause blisters or small open areas. Do not pop the blisters. Cover open areas with a bandage until healed.
✓ Sun exposure to healed skin could permanently darken the area. Limit or avoid sun exposure by covering with clothing.
✓ Use water-based sunscreen that has at least 30 SPF when spending time in the sun. Reapply as directed on the bottle.

Continue with the above care and protection measures for 12 to 18 months after the burn has healed.

If you are concerned about your child’s burn scar because it appears:
  ○ raised
  ○ thick
  ○ tight

OR
  ○ it is affecting their movement

AND
  ○ it is within one year of your last appointment

Then, call the Plastic Surgeon’s office to book a follow-up appointment. Otherwise, please see your family doctor for a new referral.

Other notes or specific care instructions:

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