



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
 - Apply a cream or lotion as recommended above.
 - 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.
 - 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:
