

Burn Injury

Your child has had a burn injury which healed in less than 2 weeks.

Burns injuries which heal in under 2 weeks are unlikely to develop a thickened scar however there are things that you can do to help keep the newly healed skin protected, soft and supple.

These include:

- sun protection
- moisturising and massage
- preventing scratching and abrasion

Newly healed skin is fragile. The red or pink colour of the healed burn may take many months to fade to a more normal skin colour.

The healed burn will need protection from the sun as well as from the risk of abrasion from scratching and rough surfaces such as sand.

Sun Protection

Newly healed skin is more likely to become sunburnt and this can permanently affect the colour of the skin. Your child's burn should be protected from the sun with protective clothing and SPF 30+ sunblock applied daily for at least the first 12 months.

Moisturising and Massage

Regular moisturising and massage of the newly healed burn will help moisturise the burn area and keeps the skin soft and supple. Massage with a fragrance free, water based moisturiser for 2 -3 minutes using firm circular movements. This may need to be done between 2 – 5 times per day.

Itchy skin

Newly healed skin is often itchy. Scratching may irritate or damage the skin.

- Encourage your child not to scratch the skin
- Ways to help reduce itchiness:
 - Moisturising and massage

Scarring: What to look for

Scar tissue can become thickened and does not grow at the same rate as normal skin. This can sometimes limit movement of a joint.

- Feel for any change in the height or texture of the newly healed skin. The skin may feel thicker, firmer or raised compared to normal.
- This is especially important in the first 3 months following your child's burn injury. This is the time that any scar thickening may become evident.

If your child develops any scarring that is of concern to you, please contact the Allied Health Department.

A burns therapist will be able to advise you and provide the most appropriate treatment for your child.

Who do I contact if I am concerned?

Physiotherapist/Occupational Therapist

Allied Health Department

Telephone: 8161 7381 (9.00-4.00pm)

Newland Ward:

Telephone: 8161 7251 (all hours)

For more information

Allied Health

**Women's and Children's Health
Network**

WCH

Ground Floor

Good Friday Building

ZONE A

72 King William Road

NORTH ADELAIDE SA 5006

Tel 08 8161 7381

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Monday – Friday 8.30am – 4.00pm

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Women's & Children's Hospital

Scar Management Caring for Your Healed Burn

(LESS THAN TWO WEEKS)



Disclaimer

The Women's and Children's Hospital Allied Health Department cannot take any responsibility for misuse of these products.

