

# Post Burn Care

Skin care is mandatory following the healing of burn injuries

## SCARRING & CONTRACTURE

Scarring depends on the size, location and depth of the burn, as well as age and skin type. Minor burns which heal within two weeks are unlikely to cause long term scarring. Following deeper burn injuries, scar formation and maturation may take up to two years. **Local Burn Services** can provide scar management.

## SCAR MASSAGE

Healed wounds tend to be dry, tight and hard. This can limit movement and make the skin uncomfortable. Scar massage can help treat this. Non-perfumed moisturiser should be applied at least three times daily to healed skin due to the damage to natural oil secreting glands. The cream should be massaged in with firm, deep, circular motions.

## SUN EXPOSURE

Newly healed skin is sensitive to sun. People should avoid unnecessary sun exposure as much as possible after a burn injury. The burned area should be covered with clothing and a high protection factor sun block should be applied

## WASHING

Once the wound is fully healed people can wash as normal although newly healed skin may be sensitive to extremes of temperature. A mild non-perfumed soap will minimise sensitivities. Ensure the skin has been adequately cleansed to avoid build-up of moisturising cream.

## ITCHING

Itching is a common problem after healing. Occasionally it is severe and interferes with sleep and results in recurrent wound breakdown due to scratching. It is important to avoid scratching. Cooling the skin, applying non-perfumed cream or massaging can be helpful. Medication such as antihistamines may be needed for persistent disruptive itching.

## BLISTERS AND CYSTS

Newly healed skin may be prone to blistering or small cysts and may require some kind of protective dressing or garment. Blisters and cysts generally resolve without the need for any treatment. If problems are persistent, they should be further investigated.

## CONTACT DETAILS



[www.trips.nhs.uk](http://www.trips.nhs.uk)

St Andrews Burns Service  
Broomfield Hospital (Chelmsford)  
Adults/Children **01245 516037**  
Outpatients **01245 516008**

Chelsea & Westminster Hospital (London)  
Adults **02033152500**  
Children **02033153706**

Queen Victoria Hospital (East Grinstead)  
Adults **01342 414440**  
Children **01342 414469**

Stoke Mandeville Hospital (Aylesbury)  
Adults and Children **01296 315040**