

Burns & Plastic Surgery Treatment Centre

Healed Burns

Your child's burn has healed. However there are a number of things, which you should be aware of:

PEELING

Healed skin is initially likely to peel as the layers settle and strengthen. You should apply moisturiser, Sorbelene and Glycerine, (a small amount only) and massage it into the skin until it is fully absorbed. This should be done at least four to five times a day. This can be purchased at your chemist or supermarket.

BATHING

You should bathe your child in plain water over the burned area. Soaps and oils interfere with burned skin recovery and should not be used for about 12 weeks while the skin settles down. When your child's hair needs shampooing this should be done at the end of the bath as shampoo contains oils.

SUN

Children with healed burns are much more prone to sunburn than other children. All children should wear factor 15 + sunscreen while outdoors. If the child was burned on the face a hat must be worn at all times. Burned areas should not be exposed to the sun between 10am and 4pm.

ITCH

Itchiness is often a problem even when the skin is healed. Vallergran usually helps ease the itch and is available at the chemist without a prescription. Itchiness is often more of a problem at night, so if this is the case, give your child a dose before he/she goes to bed. If vallergran does not control the itch please contact the Burns Liaison Sister.

PIMPLES BLISTERS

It is not uncommon to find blisters or pimples on or around the burn surface. They are usually caused by damaged sweat glands settling. Sometimes friction causes the skin surface to break and causes open areas. If this happens contact the Burns Liaison Sister to discuss how to manage these areas.

ACTIVITIES

All children should be encouraged to participate in normal activities. This is important both physically and emotionally. However, check with the Burns Liaison Sister about your child especially if contact sport is involved.

SCHOOL OR PLAYGROUP

All children should return to school/playgroup as soon as possible. There is no medical reason for them to remain at home. Contact with your child's school or playgroup is encouraged and you should discuss with the Burns social Worker. Such contact is often helpful to both your child and to the teachers who care for your child.

CONTACT PHONE NUMBERS

Burns Liaison Sister 02 9845 2160
 Mon - Fri: 7:30am - 4pm
 24hr messages to this number

Burns Physiotherapists 02 9845 3369