

# Healed burn care

August 2024

## Patient information sheet

Follow these simple ways to care for a burn after it heals. Healed burns can be bright pink or red for the first 2-3 months, but the colour will fade with time.



### Moisturising

Healed skin often peels. Massage a little moisturiser like sorbolene into the skin until fully absorbed, 5 times a day.



### Sun protection

Healed skin gets sunburnt more easily. Wear sunscreen, protective clothing and hats when outside and swimming.



### Bathing

Bathe or shower using plain water. Do not use soaps, oils or bubble bath for 3 months. Hair can be washed with shampoo, but do this step last.



### Itching

Itching is a frequent problem as burns heal. Keep fingernails short and give oral itch medicines if needed. If further treatment is needed, contact your health worker.



### Pimples and blisters

Pimples can be caused by damaged sweat glands or hair follicles. Rubbing or itching newly healed skin can cause blisters or open areas. If you see either of these on the healed burn, contact your health worker.



### School, childcare, sports and swimming

Burn patients should continue normal activities, including school and sports. Once the burn is healed, swimming is allowed in both chlorine and salt water, but wash well afterwards and moisturise.



### Scarring

Scarring depends on how long the burn took to heal and the skin type:

- Most burns that heal in 2 weeks shouldn't scar.
- Burns that take 2-3 weeks to heal may scar.
- Burns that take more than 3 weeks to heal or need skin grafting will scar.
- If scarring is likely, the patient will be followed up by a burn physiotherapist for scar management. If there are any concerns with burn scarring, contact your health worker.

### Your health worker contact details

Name:

Service:

Phone:

Hours:

After hours contact: