

Skin care following a minor burn or scald

Information for patients and parents / carers

Now that your child or young person's thermal injury has healed, it is time to get back to normal activities. Here is some advice about how to care for your child or young person's skin.

Washing

Your child or young person's skin can now be gently washed in the bath or shower using mild unperfumed soap / body wash. Pat skin dry gently with a soft towel.

Moisturising

The burn or scald may have damaged the oil producing glands in the skin that keep your skin moist. It is important to replace these oils to prevent the healed skin from drying out and cracking. This can be sore and itchy and cause your child or young person to scratch the delicate new skin, which may in turn lead to infection. You may use any oil-based, non-perfumed moisturising cream such as zerobase, nivea, aveeno, E45.

Your child or young person's skin should be moisturised 2-3 times daily; skin should be washed prior to each application of moisturiser. You should be able to reduce this to once a day and eventually stop once the redness / dryness has gone.

A small amount of cream should be massaged in until the cream disappears. You should not be able to see any cream left on the surface once it has been applied.

Swimming

Chlorine and sea water tend to dry the skin, so apply moisturiser before and after swimming to prevent this.

Sunshine

Newly healed skin is very delicate and will burn very quickly when exposed to the sun. It should be covered if possible to protect it. If the clothing is a very light material, the sun's rays can still easily get through. It is important to protect the newly healed skin from the sun with sun cream which is SPF 30-50 and UVA star rating 4 or above; which should be reapplied every 2 hours or more frequently after exposure to water, sand, sweat or towel drying.

If your child or young person has a burn or scald that has healed within 2 weeks it is unlikely they will have any long term scarring.

For fair skinned children, it may take several months for the skin to return to its normal colour.

Children who have darker skin may find that their healed skin may always be slightly paler.

Contact us

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