

## INFORMATION LEAFLET FOR PARENTS/CARERS OF A CHILD POST A BURN OR SCALD INJURY



### BURN OR SCALD INJURY

This leaflet has been written to give you information to help you care for your child after a burn or scald injury.

A burn injury, occurs when the skin comes into contact with flame, a hot surface or fluid, causing heat damage to the layers of the skin. Burns are often categorised into three types. The way the burn is treated, will vary depending on the type of burn.

*Superficial burns* affect just the surface of the skin and cause redness and pain.

These burns heal without treatment.

*Partial thickness burns* are deeper and can cause the skin to become blotchy and red or pale. These burns are painful and blister. They generally heal with dressings over a period.

*Full thickness burns* cause damage to all the layers of the skin. They may not be painful at the time of injury but may require surgery to help them to heal.

### SKIN CARE

Once your child's burn wound has healed, the new skin has less moisture than normal skin. Moisturising your child's skin regularly can help to reduce itching, drying and cracking.

### SCAR MESSAGE

There may be a scar that remains, once your child's burn wound has fully healed. Massaging your child's scar regularly can help it to heal and improve its appearance by flattening it and reducing redness. Scars can become tight or adherent, which can restrict normal movement. Massaging helps to prevent this tightness from occurring.

You should aim to massage your child's scar three to four times a day for two to three minutes or as long as your child will tolerate. The moisturiser we recommend is Aveeno daily moisturising lotion. This can be bought in all chemists and most large supermarkets. Use your thumb to massage in a circular motion. Make sure you massage all areas involved.

### SUN PROTECTION

For the first 18 months to 2 years after a burn, the area of skin may be very sensitive, especially to sun exposure. Your child should avoid exposing the area to the sun and use sun block (factor 50+) even if it is not sunny, to reduce damage to this new skin. We recommend they wear a sun hat or cap, if necessary (facial or head burns) and protective clothing with built in sun protection (SPF) that can be bought in most children's clothes shops to wear while in the sun and to use on a cloudy day.

**CONTACT US**

For more information on **POST A BURNS AND SCALDS INJURY**, please contact St. Anne's Dressing clinic.

Phone: **01 409 6496** and ask to speak with the Clinical Nurse Specialist or leave a message for them to call you back

or

Contact the Plastic Surgery Department on **01 409 6050**



**REMEMBER:**

**Ask your nurse if you are unsure about anything about your child's care.**

**Additional instructions**

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