

IF YOU HAVE QUESTIONS OR CONCERNS, CALL (855) 863-9595 TO SPEAK WITH OUR ON-CALL CLINICIAN.

BURN SCARS

Burn scars are often treated with compression garments, and better outcomes occur if treatment starts early. Burn scars can take up to 1-2 years to fully develop. In that time frame, scar massage is encouraged at least 3-4 times a day, along with the application of lotion, as directed by your therapy team. Compression garments are to be worn 23 hours a day unless other instructions have been given by your treatment team. There are other treatments for burn scars that may be discussed.

HEALED AREAS

After an area is healed, you will need to apply lotion 4-6 times a day, or as needed, to prevent drying. Some examples are Lubriderm and Kerilotion, or your physician may recommend something specific for you. Avoid oils, moisturizers, shea butter, cocoa butter and lotions with perfumes or alcohol.

SUN EXPOSURE

Your newly-healed skin will burn easily and needs to be protected from the sun. Exposure to the sun can cause permanent hyperpigmentation (tanning or darkening) or your skin. Always wear sunscreen when going outside, regardless of weather conditions. Apply sunscreen even if you are not participating in outdoor activities. Use a SPF of 50 or greater and reapply every hour or more if you are swimming, sweating, etc. Even in the shade, you can be exposed to sun. Wear a wide-brimmed hat, or sun-protective clothing, to limit your exposure. Sunscreen lotion is preferred over the spray-on variety.

BLISTERS

Blisters (fluid-filled or occasionally blood-filled) are a fairly common problem in newly-healed burns, grafts and donor sites. They can be caused by friction, rubbing, scratching or sweating. Do not exercise in your pressure garments if you have blisters. You may continue to get blisters for several months. We recommend that you do not pop your blisters. If skin comes off, you can use a double antibiotic ointment (Polysporin) on the open areas. If you are wearing pressure garments, use an ointment and a non-stick pad, such as a Telfa pad, under your garments. If you have severe blistering, leave your pressure garments on for several days until they heal, then resume using your pressure garments as soon as possible.

SCARS BEGIN TO THICKEN



SEVERE SCARRING



HYPERPIGMENTATION



If you notice that your healed burns are raising up above the level of your skin, or your healed burns feel lumpy or thick, please call the clinic office to set up an appointment.

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