

Sun Protection

- The healed burn will be extra sensitive to sunlight for the first year
- The burned skin should be covered at all times in the sun for the first few months after the burn heals
- It is very important to wear High Factor 50 Sun Cream on the healed area. If the skin tans a darker area may remain after the rest of the tan has faded
- Cover area in cotton clothing or UVA/B protective clothing
- High Factor 50 Sun Protection is recommended for all your child's skin in the sun



Follow up

Your nurse will inform you of your next appointment. It is very important to keep these appointments to give the burn the best opportunity to heal.

Date:		
Time:		

Contact Details:

Seahorse Ward: (021) 4922187



Developed by: Meadhbh O'Brien, Staff Nurse Seahorse Day Unit in consultation with Mr Clover Plastic Surgery Consultant and Darragh Matthews, Plastic Surgery SHO and staff on Seahorse.

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Caring for a Child/ Adolescent at Home following a hospital treated Burn Injury



Information Leaflet for Parents/Guardians

Types of Burns

Burns include injuries to the skin from heat, cold, electricity, radiation or chemicals. They are described as: 1) *Superficial* - affects the skin surface 2) *Partial Thickness* - a deeper burn which can cause blisters or 3) *Full Thickness* - damage to all layers of the skin. Different types of burn require different treatment. This leaflet provides advice following a child's discharge from hospital or the day unit after a burn injury treatment.

What Symptoms to look for following discharge from hospital

If your child has any of the following symptoms seek medical advice without delay:

- High temperature
- A rash
- Not passing urine, dry nappies
- Increasing ooze from wound dressing
- General un-wellness, off form, very sleepy
- Itching
- Diarrhoea and Vomiting
- Bleeding
- Swelling and Redness



Pain

The nurse will give you a Pain information leaflet to advise you regarding your child's pain relief.

Dressings

- Keep dressing clean and dry
- Do not try to take dressing off unless specifically told by your doctor
- Protect with a waterproof cover if bathing

Contact the dressing clinic or your G.P. if

- ⇒ The dressing becomes loose, wet or falls off
- ⇒ You notice any smell or ooze from the dressing
- ⇒ Your child is complaining that the dressing is too tight

Moisturising

A burn will damage the natural oil producing glands in the skin. These need at least 6 weeks to recover.

- Only moisturize when the burn is fully healed
- The healed burn should be moisturized twice a day with a thick, non perfumed cream eg. E45 or Silcocks Base

This will also get your child used to touch in the burned area and make it less sensitive to touch in the future

Emotional Well-Being

If your child/adolescent is experiencing any emotional difficulties related to his/her burn injury please speak to your nurse at the clinic and an appropriate referral can be made for you.

Massage

Massage can minimize scarring. This can begin when you start moisturizing.

- Use the pads of 2 fingers to apply gentle but firm pressure in a circular motion on the damaged skin for 5-10 minutes daily
- This will help to flatten the scar and reduce the pinkness of the skin.
- Ensure good personal hygiene



Itch

Skin that has been burned can become itchy as it is healing

It is important not to let your child scratch the new skin as it is very fragile and can tear easily. Moisturizing and massaging will help with the itch

If your child is suffering with itch please mention it to your nurse or doctor

Nutrition

To promote healing of the burn and help fight infection a diet rich in protein and vitamins is advised. These can be found in fruit, vegetables, meat, fish, eggs, milk, yoghurt and ice-cream!