

Paediatric burns discharge leaflet (Healed within 2 or 3 weeks)

This leaflet offers information about how to look after your child's burn injury now you have been discharged from the hospital. As the burn has healed within two or three weeks, we would not usually expect the burn injury to lead to any long-term problems. However, there is a low risk that a scar may form. We would therefore like to see your child again in our Paediatric Scar Clinic.

During this time, please follow the advice in this leaflet to ensure the best result for your child. If you have any questions, please do not hesitate to contact us.

Scarring

After the wound has healed, the scar continues to alter as new collagen is formed and blood vessels return to normal, causing the scar tissue to change in pigmentation (colour). Scar tissue continues to mature for up to two years, although it will be tightest at around six months.

Within this time, scarred skin can change in appearance, and may become: thick and lumpy, dry and itchy or 'hyper-sensitive' If any of these symptoms occur please contact the therapy department on 01342 414004.

In order to promote a flat, flexible, mature scar, it is essential to stretch all affected areas by moisturising and massaging the scar, as directed by the nurse or therapist.

Massage

It is very important to moisturise the healed wound. This will soften, flatten and increase the flexibility of the burned area. Massage may be started once your wounds are healed, following the advice below:

- use a non-perfumed lotion or cream and apply liberally over the healed area
- using a firm pressure, massage the area in small, circular motions, hard enough so that your skin turns white or lightens (blanches)
- massage of the area should be performed two to three times a day for 5-10 minutes at a time
- ensure this area is washed at least once a day

Sun Protection

It is important to protect the areas that have been burned as they are extra sensitive to the sun.

It is always important to protect your child's skin from the sun, please use a high factor cream (SPF50+) and cover in cotton or UVA/B protective clothing at all times.

Emotional Wellbeing

Sometimes after a burn, family members may feel that they would benefit from emotional support. If your child and/or a member of your family are still feeling quite distressed, having sleep difficulties, nightmares or finding it difficult to process what has happened, please contact our Paediatric Psychological Therapist via the Psychology department.

Psychology Department - Tel: 01342 414478

As there is a possibility of scar formation, we have given you a follow up appointment in our Paediatric Scar clinic. It is important for your child's recovery that you keep this appointment. If you need to change this appointment, please contact the Therapy Department (number below).

If you have any concerns at all please do not hesitate to contact us.

Peanut Ward

Tel: 01342 414469

Paediatric Assessment Unit (8am-4pm)

Tel: 01342 414468

Therapy Department

Tel: 01342 414004

Further information and support are available via

- **Children's Burn Trust** - www.cbtrust.org.uk
- **Changing Faces** - www.changingfaces.org.uk
- **McIndoe Burns Support Group**

Email: mcindoeburnssupportgroup@gmail.com

Tel: 01342 306607

If you would like this leaflet in larger print or an alternative format, please ask.