

Paediatric burns discharge leaflet

(Healed within two 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 weeks, we would not usually expect the burn injury to lead to any long-term problems. However, in a small minority of cases, a scar may form. 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 will continue 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'

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 therapist.

Massage

It is 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 2- 3 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 your child's burn healed very quickly, it is not necessary to have a follow-up appointment at the hospital, but if you have any concerns please do not hesitate to contact us again.

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

Please note - we will contact your child's GP and health visitor/ school nurse, if appropriate, so they are aware of the surgery/injury and are able to offer you help and support if needed.

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