

Caring for your skin after a burn

Your Care

Victorian Adult Burns Service



Contact information

Victorian Adult Burns service – The Alfred

Tel 03 9076 2000
Email: bna@alfred.org.au

www.vicburns.org.au

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It is important to continue to care for your skin after it has healed. Proper skin care after a burn injury can reduce the likelihood of complications such as an itch or skin break down.

To care for your newly healed skin you should:

- Shower using a mild soap-free wash (e.g. QV™ or Dermaveen™). Soap-free washes are ph balanced and gentle on your skin. This helps to reduce dryness and irritation.
- Use a non-fragranced water-based moisturiser lotion (e.g. QV™ or Dermaveen™).
- Apply a thin layer of the moisturiser twice daily or when your skin is feeling dry, tight or itchy. Avoid over applying moisturiser as it can block the pores of the skin.
- Ensure you clean your skin before reapplying moisturiser.
- To help prevent breakdown, wear comfortable clothing that does not rub or create friction on your skin.

Itch is a common side effect of burn injuries. Itch management strategies include:

- Consider using cooling strategies such as applying a cold wet face washer to the area or applying moisturiser that has been refrigerated.
- Products containing colloidal oatmeal can also help to reduce itch. (e.g. Dermaveen™).
- If the itch is persistent, talk to your pharmacist or health care professional about the use of over the counter antihistamines.

Newly healed skin is more susceptible to sun damage. To reduce risk of sun damage you should:

- Avoid unnecessary sun exposure for 2 summers when UV is at its highest.
- Wear protective clothing. (e.g. hat, long sleeves).
- Use an SPF 50+ broad spectrum low irritant/hypoallergenic sunscreen.
- Always test a small patch of skin first when trying a new sunscreen and do not use it if you get any irritation.

After your burn injury, it can be hard to predict the amount of scarring, if any, will occur. Your burn unit healthcare practitioner may have planned scar management techniques with you which are important to follow. Talk to your health care practitioner if you have any concerns about scarring to ensure appropriate follow up is arranged for you.



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