

Management of itch after burns injury

Your Care



Itch is very common after burns. It can begin as early as a few days after injury or sometimes can take up to a few weeks to develop. Itch can be short lasting (acute) or last up to several months to years (chronic).

Information for patients



There are multiple reasons why you may be experiencing itch. It can be due to dry healing skin, exposed or irritated nerves or as a side effect of some medications. It is important to have strategies to manage your itch because if left untreated it can delay healing, lead to difficulty sleeping or interfere with daily life. Speak to your burns team if you develop symptoms of itch so they can help choose the right treatment for you.

What treatments are available?

HEALING

- Soap free wash
- Compression (e.g. tubigrip – elastic bandage/stocking)

Ask your treating team advise you when your burn is healed enough to start the treatments below

HEALED

- Soap free wash
- No fragrance/low irritant moisturiser with colloidal oatmeal (e.g. Dermaveen™, QV™, Aveeno™)
- Compression (garments, tights, tubigrip)
- Cooling (garments or moisturiser kept in the fridge)
- Massage (firm pressure to desensitise area)
- Silicone sheets or gel
- Cold wet face washer
- Meditation/relaxation

An over the counter antihistamine can sometimes ease itch. Other medications can also be prescribed. Please speak to your burns team for more information.

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Therapist Contact Details

Name

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Phone Number



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