

Sun Avoidance Following Burn Injury

Your Care



Information for patients



**Victorian Adult Burns Service
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New skin

You have suffered a burn. The new skin that you produce during healing can be pink or different in colour to the surrounding skin. This is because melanin, which gives the skin its colour, is produced in the top layer of the skin.

Skin healing

It can take 1 to 2 years for your usual skin colour to return after a burn injury. Sometimes the skin tone does not return to normal, mostly if the burn injury was deep. When the skin tone doesn't return to normal, the new healed skin can be darker or lighter than your usual skin tone.

Sun exposure usually results in tanning. As your skin is recovering after a burn injury, sun exposure can change the colour of your new skin and make it darker than the rest of your skin. You may end up with darker patches of skin on your body and once this occurs it is irreversible.

Preventing uneven skin tone after a burn injury

To ensure your skin recovers as effectively as possible following your burn injury, we recommend the following for at least the next two years:



Avoid direct exposure to the sun

Apply SPF 50+ broad spectrum low irritant/hypoallergenic sunscreen to the areas on your face and/or body where your burn injury occurred at least 20 minutes before going outdoors and again every two hours while you are in the sun.

Sunscreens which have a milk/lotion consistency rather than a thick cream consistency are recommended for the face so that pores do not become blocked.

Always test a small patch of skin first when trialing a new sunscreen and if there is any irritation, do not use.

Therapist Contact Details

Name

Discipline

Phone Number

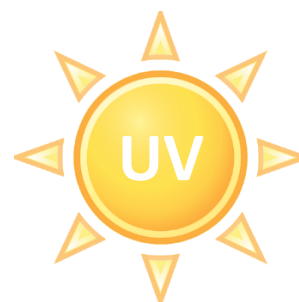
If you are putting sunscreen on your face more than two times a day, remove the existing sunscreen with a warm face washer before applying more to prevent the build-up on your skin and in your pores.



Always keep your burn injured skin covered when spending time outdoors, even when it is not a sunny day. You could wear a wide brimmed hat, long sleeved top, long pants and/or sunglasses to ensure your skin is covered well when in the sun.

Check the daily UV Index to get an idea of the sun exposure levels for the day. Be more careful in the sun on days when the UV levels are higher.

Remember to clean your face and body well at night to avoid sunscreen building up in your pores and causing acne outbreaks or other skin irritation.



Always keep your burn injured skin covered when spending time outdoors

By following these recommendations, your burn will have the best possible chance of recovering well.

If you have any questions or concerns about changes to your skin colour, please do not hesitate to contact your burns therapist.