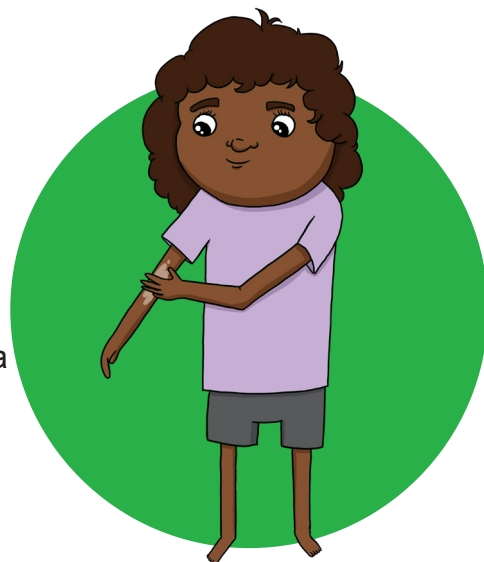




Looking after scars

The burn scar needs to be looked after by massaging the scar with moisturiser cream (Sorbolene is best) as it helps to:

- stop itchiness and dryness
- keeps scars soft
- stop contracture (kun-trak-cher) - when joints get stuck in a bent position.
- Even when the skin has healed it needs a lot of care.
- **Massaging is really important.** Keep massaging the scar until the doctors tells you to stop.
- Scars can be very sensitive to touch, but massage will help.
- Take extra care washing the skin.
- Moisturiser cream can help stop dryness, cracked skin and prevents new sores from forming.
- Protect the burn scar from the sun for **2 years** after the burn. Cover up the burn scar and use sunscreen on it.



If the scar looks bright red, this may be an infection. Call the Hospital Burns team on (08) 6456 3630.

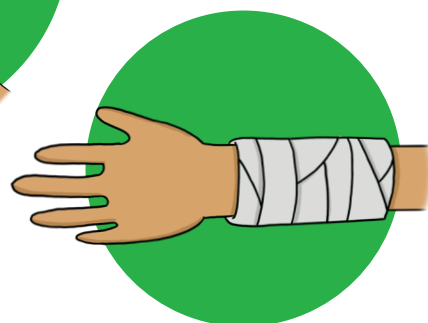
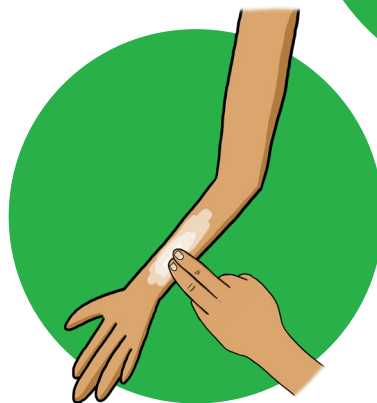
Massage scars by rubbing moisturiser cream into the scar moving fingers around and around. Rub softly and over time you can press harder.

- Use Sorbolene moisturiser cream.
- Massage at least 2x a day for 15 minutes.

Blisters

Small blisters may happen after the burn injury, but may need a bandage to stop infection.

If you are worried call the PCH Burns Unit on (08) 6456 3630.





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Child and Adolescent Health Service

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formats on request for a person with a disability.**

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