

# Looking after scars

Keeping our mob healthy

The burn scar needs to be looked after by:

Massaging the scar with moisturiser - Sorbolene is best, as it helps to:

- Stop itchiness and dryness
- Keeps scars soft
- Stops contractures - when joints get stuck in a bent position

Even when the skin has healed it still needs a lot of care.

**Massaging is really important**

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
- Massage at least 2x a day for 15 minutes



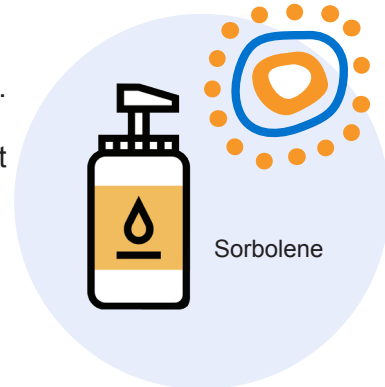
Scars can be very sensitive to touch, but massage will help. Take extra care washing the skin.

Using moisturiser on scars helps stop dryness and cracked skin and prevents new sores.

Keep massaging the scar until the doctors tells you to stop. Massaging is really important and will help the burn scar.

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

Protect the burn scar from the sun for 2 years after the burn. Cover up the burn scar and use sun screen on it.



## Blisters

Small blisters may happen after the burn injury.

Your child might need a bandage to stop infection.

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



**For further information**, or if you have any questions, please contact your Occupational Therapist or the PCH Burns Unit on (08) 6456 3630.



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