

TAKING CARE OF YOUR NEWLY HEALED SKIN

CLEANING YOUR NEWLY HEALED SKIN

- Bathe/shower using a soft spray. Use soaps that contain moisturizers like Dove Soap. Avoid soaps with perfumes.
- Once your burn areas have healed, it is common for your skin to feel “tight”.
- Lotions, such as Lubriderm, Cocoa Butter, Baby Oil, and Vaseline Intensive Care lotion will help to keep the skin moist and allow the skin to “stretch” more easily when you exercise.
- Apply lotions several times a day and massage into skin using gentle pressure. This also helps to stretch the skin and helps to decrease scarring.
- While out in sun, it may be necessary to wear long sleeves or pants if your arms or legs have been burned, as your skin is still new and may burn easily.
- Because you might not be able to “sweat” like you did before you were burned, you may not be able to stand temperatures that are too HOT or too COLD. Try to stay in a cool place if you become overheated.
- Use sunscreen when out in sun and limit the time you are in direct sunlight.
- Once your wounds have healed, you may experience occasional blistering. Blisters form due to rubbing of the new skin.

- If blisters form, cover them with gauze or a band-aid to protect them. If the blisters burst, use Neosporin and a band-aid to cover them.
- Please call the Burn Center if blisters continue to get larger and don’t seem to heal.

PAIN AND ITCH

- You may continue to have occasional pain and itching even after your burns or grafts have healed. Try using Tylenol or Ibuprofen for pain as directed, and speak to your doctor if the pain gets too bad.
- Sometimes you will have different types of feelings on your burns even after they have healed. This is because your nerve endings are trying to heal. These feelings are normal and may take a long time to go away. Some of the feelings you may have are:
 - Numbness - Tingling - Stinging
 - Shooting pains - Burning - “Ants crawling”
- Itching can be a bother and a problem. Scratching can cause raw spots to newly healed skin or grafts.
- If you have a problem with itching, stay in a cool environment, use lotion on dry areas, and take Benadryl as directed.

IMPORTANT PHONE NUMBERS

Your Doctor’s Name: _____ Phone Number: _____

Burn Center: (225) 387-7717 (24-hours a day)

Your Outpatient Nurse’s Name: _____ Phone Number: (225) 381-6283

Outpatient Nurse’s hours are from 7 a.m. to 3:30 p.m. Monday - Friday. For problems or questions after hours, please call the 24-hour number, (225) 387-7717.



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3600 Florida Boulevard, Baton Rouge, LA 70806