



Caring for Your Burn the first year

1. MOISTURIZE

Moisturize with a lotion or a crème of your choice daily.

We recommend Aquaphor, Eucrin Vitamin A and D. Baby Lotion or any lotion that is non irritating and unscented.

2. SUNBLOCK/ Sun Hats and skin protection from the SUN.

Realize that every day sun will affect your healed skin.

We suggest that you wear Sunblock on your burn once it heals.

A SPF of 35 or more is needed, and you will need to reapply throughout the day.

Send Sunblock to school with children, so the nurse can reapply during the day if needed.

Wear a hat always when out in the sun if your face is involved.

Clothing is not enough to protect you from the sun.

3. UNDERSTAND THE REASONING OF THE ABOVE:

You may choose a Moisturizing Sunblock during the day and just the moisturizer at bedtime.

Hopefully using the above guidelines will minimize the discoloration and scarring that occurs with burn injuries being exposed to sun. That can cause them to over pigment (darken)

And recent research has shown that massaging your burn with lotion can help to decrease thickening of your scar. No special ointment or crème is indicated unless your provider prescribes.

Thank you for choosing UCSD Burn Center.
It's been great Taking Care of You.

Leann, Laura, Jason and Catherine.