

Burn Care

Moisturizing Your Skin

Instructions

- Healed and grafted skin may be dry, scaly, and stiff. After bathing, apply any 1 of the following lotions to healed skin.
 - › Aveeno®
 - › Lubriderm®
 - › Eucerin®
 - › Neutrogena® Norwegian Formula Hand Cream
 - › Glaxal Base®
 - › Vaseline® Intensive Care (not regular)
 - › Gold Bond® Unscented (Anti-itch)

Choose the one that best suits your skin. These products may be available at your local pharmacy or drug store. You do not need a prescription.

- Do not use creams or lotions recommended by family and friends until you have checked them out with your therapist first. Newly healed skin is very sensitive and may be damaged by the wrong lubricant.
- **Do not use mineral oil or Vaseline® ointment as they can lead to skin breakdown.**
- Elastic pressure garments can be damaged by products that have excessive oil, wax, lanolin, or petroleum ingredients. Water-based lotions are least harmful to your garments. Make sure the lotion is well absorbed (rubbed in) into your skin.
- Apply lotion to all healed areas as often as needed to prevent dryness. You may need to use it every 3 to 4 hours. Use only enough lotion to lightly lubricate the skin. Gently rub the lotion in until it disappears. If not rubbed in completely, the lotion will dry on your skin and clog the pores. Your skin should feel soft and moist after putting lotion on, not greasy.
- Rub the lotion on in thin layers. Massage it in gently at first, because new scars are fragile. As your scar matures, you can add more pressure to help make them less stiff.
- Itching is often caused by very dry and cracked skin because of damage to the sweat glands. Moisturizing your skin regularly may help.

What are your questions? Please ask.

Therapist: _____

Phone: _____

