



The William Randolph Hearst Burn Center

Burn Center Discharge Instructions

Your burn has healed enough so that you can leave the hospital. There are many things you need to know about taking care of yourself at home.

Moisturizers:

- You will need moisturizer (such as Lubriderm®, cocoa butter, Nivea®) to keep your skin grafts, donor sites, and healed burns from becoming too dry and scaly.
- Moisturizers will also help to decrease itching after your burn is healed.
- Apply the moisturizer several times a day rubbing it in well.
- If you are wearing a Jobst® pressure garment, apply moisturizer 20 minutes before putting on your garment.

Sensation:

Your burn may have injured some nerves. Nerves allow us to feel pain, sensation, texture, and temperature. Nerves will take a long time to heal. Until your nerves are healed, the scar may be numb, tingling, or feel very sensitive for several months. **Special care must be used when taking baths or showers to avoid injury. Always test the water temperature before you get into the shower or bath.**

Pressure Garments:

Pressure garments are used to make scars flat and soft. They are made of tight fitting elastic and come in many different colors. They are worn underneath clothes for 23 hours a day, and may be removed when bathing. Sometimes blisters can form under pressure garments. **If this happens, take the garment off and make an appointment to see the doctor in the Burn Clinic as soon as possible. Do not wear the pressure garment again until you see the doctor. Try to leave the blister intact. Do not pick at it!**

Pressure garments can be washed with mild detergent and warm water. Hang the garment to dry. Do not put it into the dryer. Children may grow out of their Jobst® garments quickly. If you notice the garment is too small, call the Burn Clinic and make an appointment to be re-measured.

Exercises:

When burns heal, the skin becomes tight and needs to be stretched. The physical therapist and the occupational therapist will teach you important exercises that must be performed.

Make sure you follow the instructions carefully and that you do the exercises throughout the day.

Children should avoid rough play since new grafts and newly healed burns are very fragile.

Sun exposure:

Newly healed skin, donor sites, and skin grafts are very sensitive to sunlight and will sunburn very easily. These areas must be covered whenever you are in the sun. The skin will need protection for at least 6 months to one year.

When in the sun cover these areas with loose fitting clothes (including a hat, socks, and/or gloves as needed). Pressure garments (Jobst® or Medical Z®) do not keep sunlight out. Sunscreen should be worn under your pressure garments.

Clothing:

- It is best to wear loose cotton clothes such as sweat pants and sweatshirts.
- Tight clothes can rub against newly healed skin or graft, causing blisters.
- Belts and elastic waistbands can also irritate your burns or scars.
- With healed burns, slippers and sandals may feel better than shoes.

Sexual Activity:

It is OK to have sex when you go home. Sex drives may not be as strong after a burn injury. This can happen but will increase with time.

Skin color:

The color of skin after a burn injury will depend on several things: the original color of skin, how deep the burn was, and whether or not grafts were needed. Burns that were not very deep and donor sites may take many months to return to their usual color. Deeper burns or burns that were grafted may always be a slightly different color than unburned skin.

Clinic Appointments:

Follow up appointments in the Burn Clinic are very important. The doctor, nurse, and therapist will look at scars, grafts, and healed skin to plan for future needs. Call the Burn Clinic at (212) 746-5024.

If you have questions please call the Burn Center (212) 746-0328/27 or the Burn Clinic (212) 746-5024

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.

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