

## Itchy burn scars

Bub's burn scar may get itchy as it's healing, to help the burn scar heal:

Bub should not scratch the scar or dressing, it will harm the healing skin.

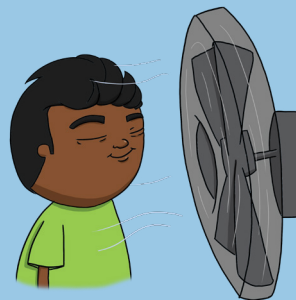


Keep their fingernails short.

Tell the burns team if bub has any skin problems like eczema.



Keep bub cool and comfortable.



Massage the scar with cream often so it doesn't get dry.



See burn management health fact sheet.



Use scent free soaps or Dermaveen® bath oil (containing natural colloidal oatmeal) when bub has a shower or bath.



Talk to the pharmacist about using an antihistamine to help reduce itchiness.

### Antihistamine:

- doesn't need a script
- comes in liquid or tablet form
- can be taken 1 time a day from the first itch
- **not** recommended in children **under 1 year of age** - check with your doctor
- follow the packet instructions.

### Good to know

If bub is admitted to Ward 1B tell the nurses if they are taking any medication before having their dressing changed. This helps the nurses choose their treatment.

If bub's itch does not getting better, call PCH Ward 1B on 6456 3630 or PCH Pharmacy Department Drug Information Line on 6456 0190 (select option 1), Monday to Friday 8:45am to 5pm.



Government of **Western Australia**  
**Child and Adolescent Health Service**

**Child and Adolescent Health Service**  
15 Hospital Avenue, Nedlands, WA, 6009.  
Telephone: (08) 6456 2222  
Produced by: Burns Unit / Social Work  
Ref: 580.1 © CAHS 2021

**This document can be made available in alternative  
formats on request for a person with a disability.**

**Disclaimer:** This publication is for general education  
and information purposes. Contact a qualified  
healthcare professional for any medical advice needed.

© State of Western Australia, Child and Adolescent  
Health Service.

