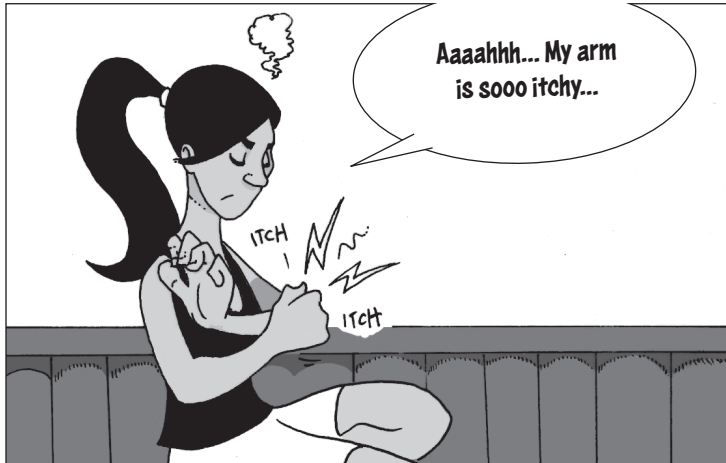
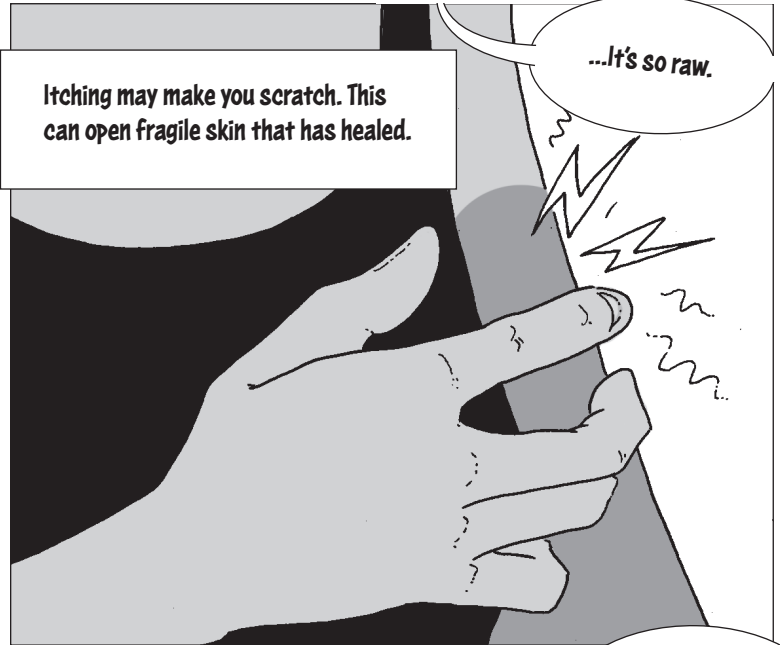


Itchy Skin After Burn Injury



Aaaahhh... My arm is sooo itchy...



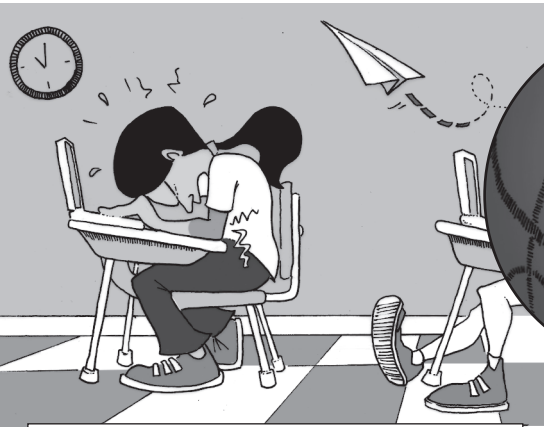
Itching may make you scratch. This can open fragile skin that has healed.

...It's so raw.

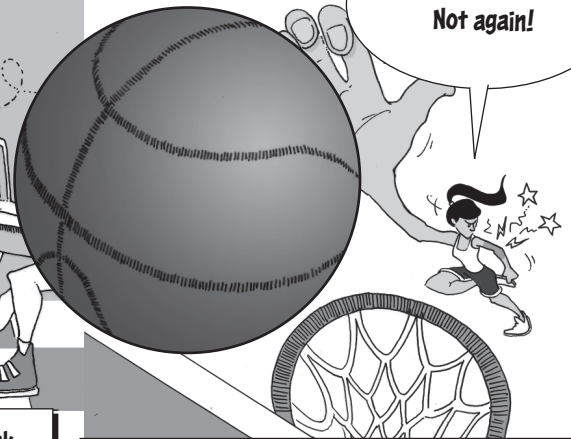
Jessica recently got a burn injury on her arm. As her burn healed, it started to itch. This can happen to a burn that has healed by itself or with grafted skin and donor skin sites. The medical name for itchiness is "pruritus" (proo-ri tus).



Itching may get worse at night. This can make it hard to fall asleep. It may also be hard to stay asleep.



Constant itching may make it hard to think.



Seriously?? Not again!

Increased body heat and sweat may make the itching worse.

Your healthcare team may ask you to describe the severity of your itch and how it affects your life.

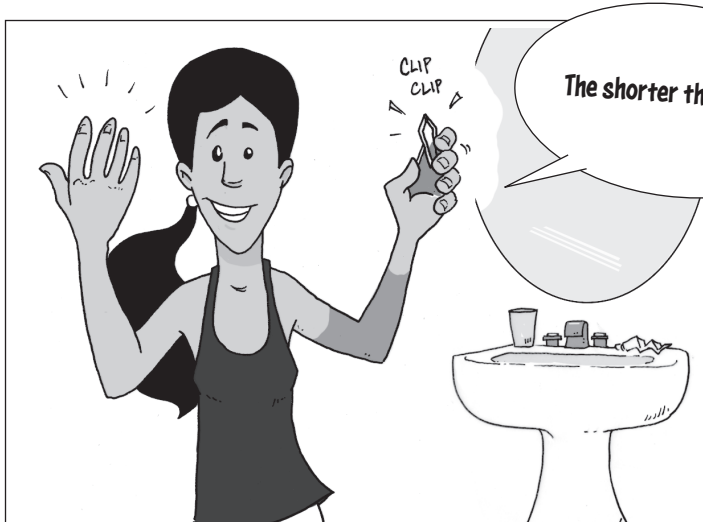
Dr. Anderson... my healed burn won't stop itching!

I'm sorry to hear that, Jessica. Let's work together...

They may use a scale from 0 to 10 to describe the intensity and impact of your itch. On the scale, 0 is "no itch" and 10 is "the worst itch you can imagine."



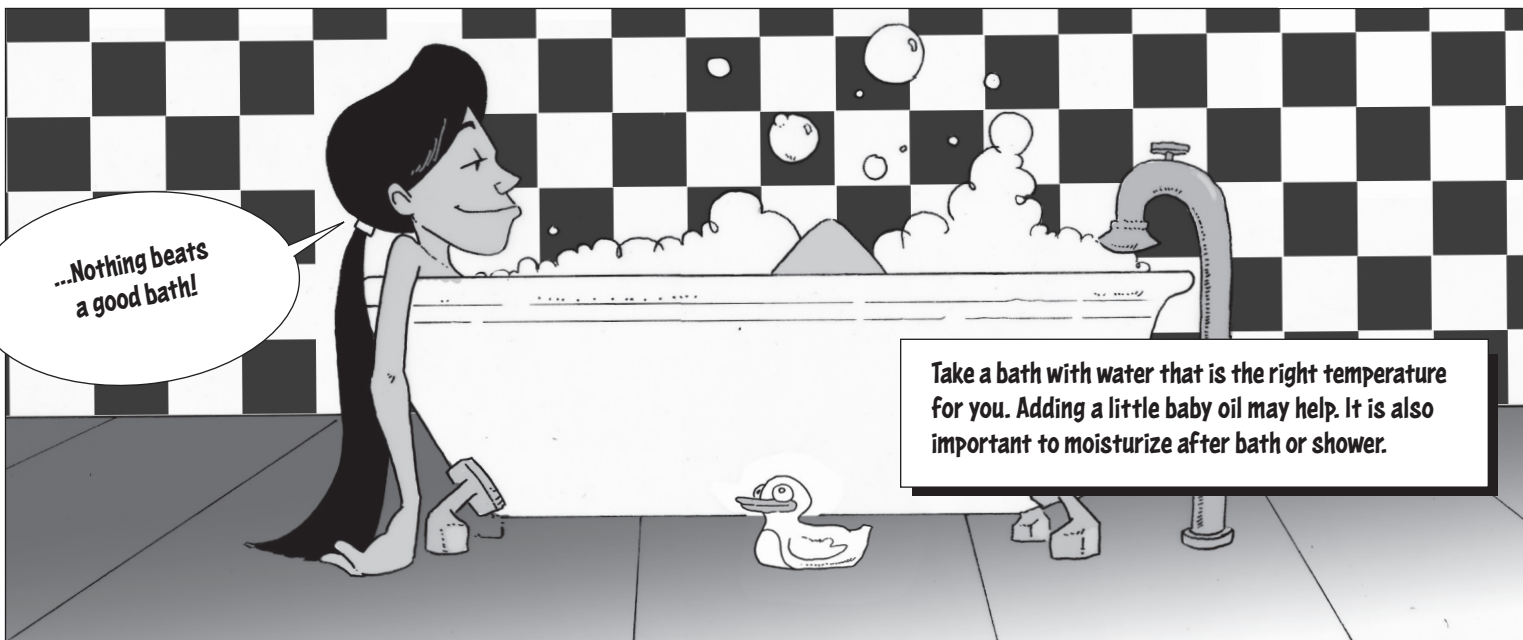
...on a scale from 0 to 10, how bad is it? How does your itch affect your activities?



Keep fingernails short. This may lessen injury to fragile skin.



Use laundry detergent without any scent to wash your clothes.



Take a bath with water that is the right temperature for you. Adding a little baby oil may help. It is also important to moisturize after bath or shower.



Massaging your healed skin with lotion may help.



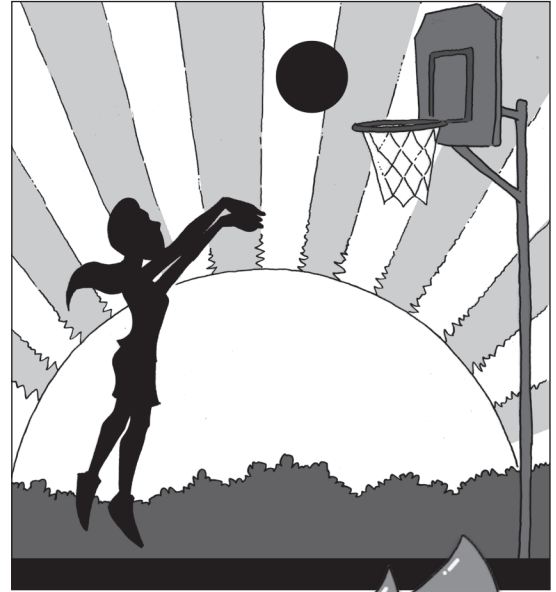
Take your mind off itching. Try stretching, exercise, playing a game, or taking up a new hobby.



If you still have itch, talk to your healthcare team. There are medicated lotions and medicines that might help.

(Note: Before you take any medicine, talk to your doctor about side effects. Other medicines may also help reduce itching. Talk to your doctor about your options.)

...Try these tips. Your itch will get better.



Visit [MSKTC.ORG/BURN](https://msktc.org/burn) for more free research-based resources to support people living with burn injury.

Source: The content of this infocomic has been adapted from the factsheet “Itchy Skin After Burn Injury,” which was developed by Laura C. Simko, BS, Emily A Ohrtman, BA, Gretchen Carrouger, R.N., M.N., and Nicole S. Gibran, MD, FACS, in collaboration with the Model Systems Knowledge Translation Center. It was illustrated by Grant Corley.

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Our health information content is based on research evidence whenever available and represents the consensus of expert opinion of the Burn Injury Model System directors.

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