

HOW TO CHOOSE A MOISTURIZER

for itchy skin after a burn injury

Itching is a normal part of healing after a burn injury. As your burn heals, scar tissue forms. Scar tissue and skin grafts do not have the same oil or sweat glands found in normal skin. This makes the scar feel dry and itchy.



8 out of 10 kids and adults have itching one year after a burn injury.

To choose the right moisturizer, look for these:



Creams and lotions hydrate skin. Choose the one that feels best on your skin.



“No alcohol” means there is no alcohol added to the product. Alcohol can make your skin dry. But “cetyl alcohol” is OK; it will not dry out your skin.



“Fragrance-free” means that the product has no scent. Some added fragrances may irritate your skin.



Dry skin may last long after your burn has healed. Choose a product that fits your budget and preferences. More expensive does not mean better!

Re-apply moisturizer as needed. You may choose to **massage** the moisturizer into your healed skin and scars. Itching after a burn will **get better with time**.

Source: Our health information content is based on research evidence and/or professional consensus and has been reviewed and approved by an editorial team of experts from the Burn Injury Model Systems. Disclaimer: This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of this infographic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPKT0009). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infographic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the federal government. Copyright © 2023 Model Systems Knowledge Translation Center (MSKTC). May be reproduced and distributed freely with appropriate attribution. Prior permission must be obtained for inclusion in fee-based materials.

