

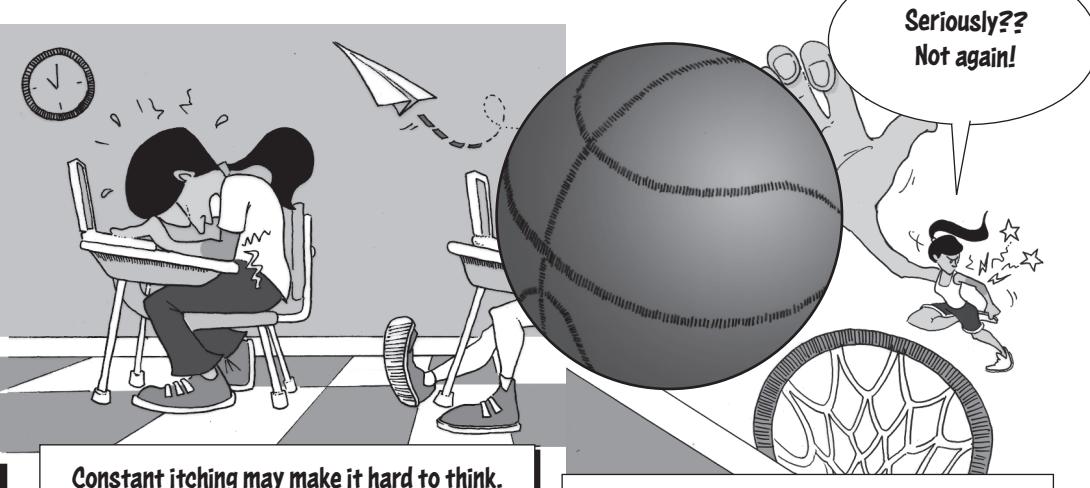
Itchy Skin After Burn Injury



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 tuhs).

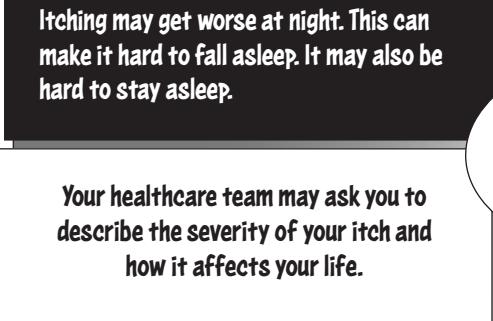


Itching may get worse at night. This can make it hard to fall asleep. It may also be hard to stay asleep.



Constant itching may make it hard to think.

Increased body heat and sweat may make the itching worse.



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

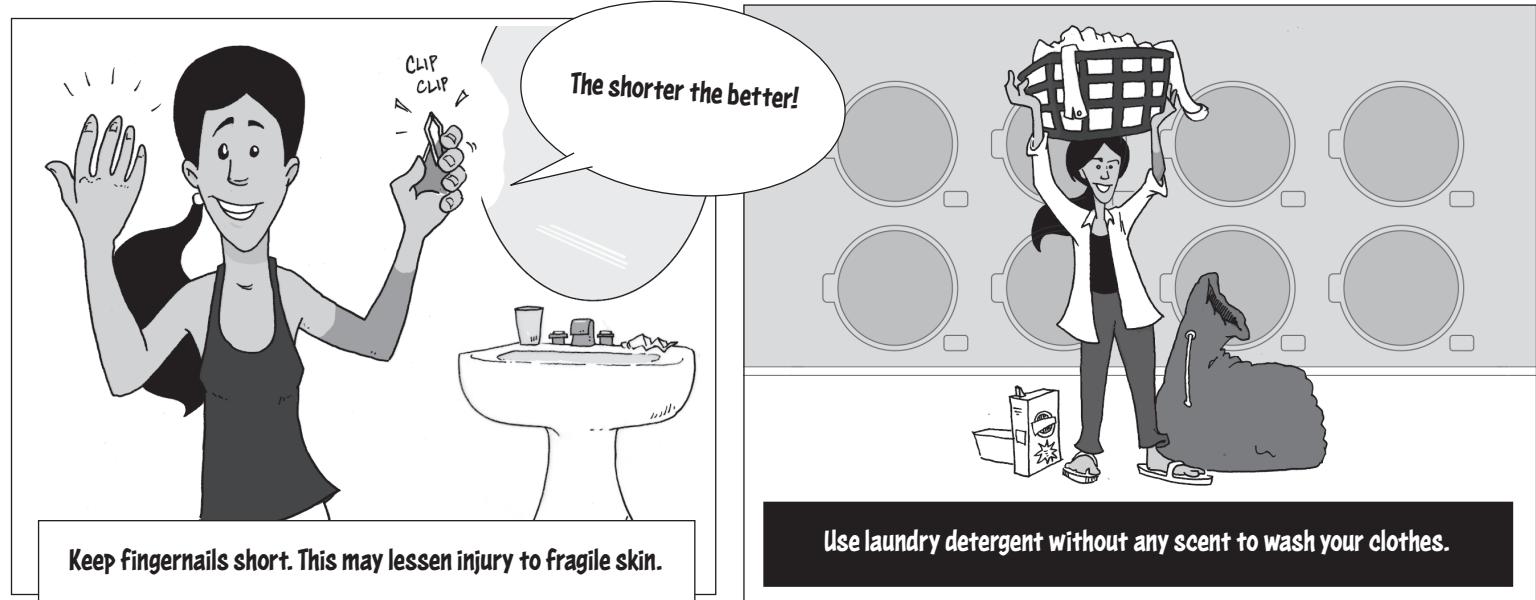
I'm sorry to
hear that, Jessica.
Let's work together...

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."

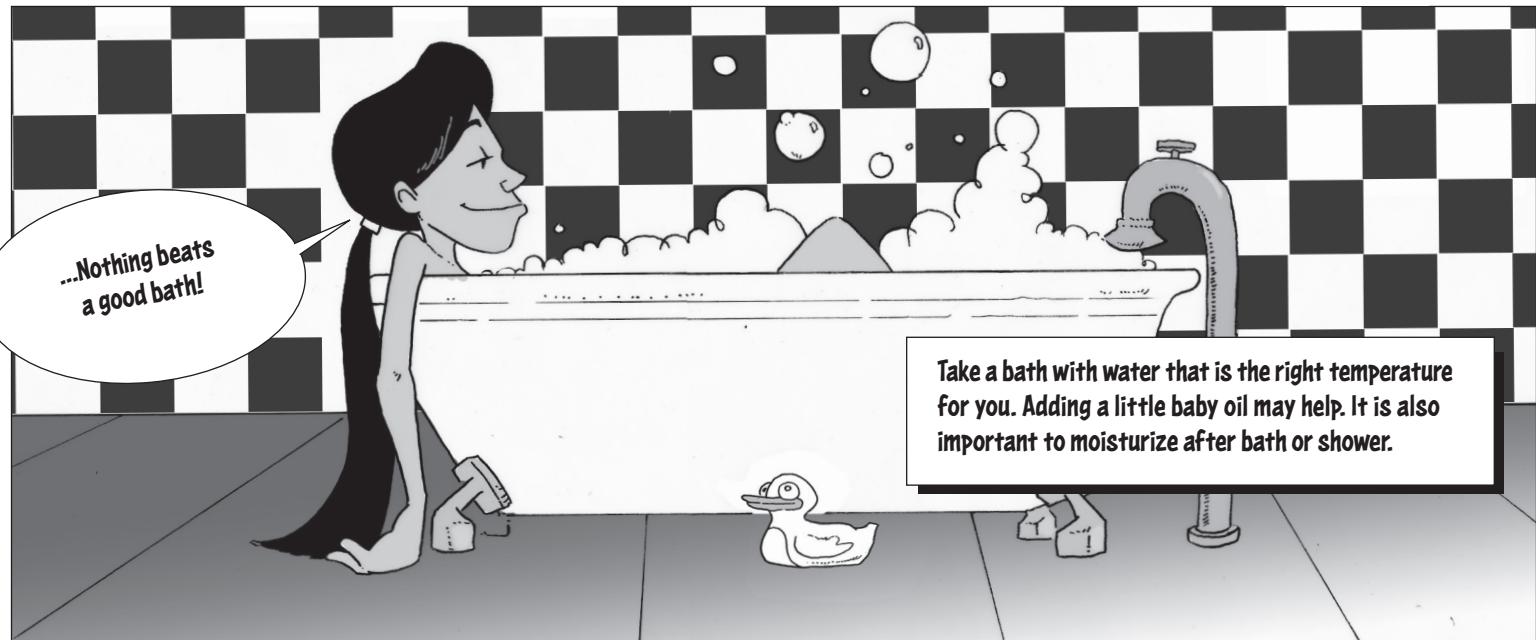
...on a scale from 0 to 10,
how bad is it? How does
your itch affect your
activities?



Dr. Anderson tells Jessica there are things she can do to help her itch:



Use laundry detergent without any scent to wash your clothes.





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 Carrougher, 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.

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.

Disclaimer: This information is not meant to replace the advice of a medical professional. You should consult your health care provider about specific medical concerns or treatment. The contents of this infocomic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DP0082). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infocomic do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government.

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