

## Burns: Wearing a Pressure Garment

Burn injuries need special care for the first 12 to 18 months. After the skin has healed, your child may need to wear pressure garments to lessen scarring. A burn therapist will tell you how often your child must wear their garments. Their garments will be made to fit them. They may get 2 sets of pressure garments so they can wear one while the other is being washed.

### Skin Care

While your child is using a pressure garment, do these things **each day**:

- Wash their healed burn with mild soap. Then rinse well and pat dry.
- Apply moisturizer like Aquaphor®, Eucerin®, or cocoa butter to the healed areas at least 3 to 5 times each day.
- Have them do the range of motion exercises the therapist teaches them.
- Apply gel sheets or inserts if needed.
- Wear the garment.

### Garment Care

Wash the pressure garment **each day** by hand or by machine. Do not use hot water, bleach, or laundry additives like scented beads, fabric softener, borax, or laundry sanitizer.

- Hand wash – Premix cool water and mild soap and soak the garment. Rinse well with clean, cool water. Roll the garment in a towel to soak up excess water.
- Machine wash – Use mild soap or detergent and cool water on a gentle or delicate cycle.
- **Only air-dry the garments.** Hang the garment up to dry. Only use a dryer if it has a heat-free setting. Do not put the garment in the sun or use a heater to dry it.

## **When to Call the Doctor**

Call your child's doctor or health care provider if:

- The garment is too tight or is cutting into their skin.
- The garment doesn't fit snugly. There shouldn't be any wrinkles except for a few around the joints (elbow, ankle, knee, or wrist).
- You see swelling or redness.
- Remove the garment if:
  - Their fingernails look blue.
  - They complain of tingling or burning.
  - Their skin feels cold.

## **Other**

- Your child's doctor or burn therapist may suggest using a gel sheet or other insert under the garment. This helps provide pressure and moisture to the burned area.
- If your child has burns on their face, hands, or feet, they may need to wear a custom-made burn mask or pressure garment.