CHU Sainte-Justine
Le centre hospitalier universitaire mère-enfant

Université de Montréal

Scar Massage After a Burn in Children

Information brochure for client



Why should I massage my child's scars?

It is important to keep the skin moisturized, as it tends to be drier after a burn.

Deep massages help the cream penetrate the skin. Burnt areas also tend to be more sensitive to touch. Massages help children regain the sensations they had before they were burned.

Massaging and moisturizing the skin:

- Makes it more supple and reduces discomfort
- Improves aesthetic results
- Supports the return to normal activities
- Allows you to closely monitor the scar
- Helps relieve chronic itching

When should I start massaging the scars?

- Once the wound has healed
- When there is no drainage or scabbing
- After receiving approval from the plastic surgery team or your occupational therapist

How often and for how long should I give massages?

- One minute, twice a day, for three months

You can apply moisturizer as often as needed (more than twice a day) if you notice that the skin on and around the scar is dry.

Giving a massage

- Be sure to wash your hands thoroughly with soap and water before giving a massage. You do not need to wear gloves.
- Use your thumb to gently press on the scar in small circular motions.
- If necessary, we can show you another technique tailored to your child's specific needs.
- Your child may be sensitive at first; progress gradually over the next few days.

- It is also normal for the scar to turn pale during the massage and become red afterward.
- You can massage the area using unscented moisturizing cream (e.g., Glaxal Base®, Aquaphor®, Eucerin®, CeraVe®, Aveeno®, etc.). There is no "magic" cream; the key is to keep the skin hydrated. Avoid scented products as they can irritate the skin.

THINGS TO WATCH FOR:

- Increasing pain in the scar area over time
- Thickening or hardening of the scar
- Limited movement or reluctance to use the affected limb

Please email the plastic surgery clinic's nursing staff at **clinique.plastie.hsj@ssss.gouv.qc.ca** or the burn care PNP at **clinique.brulures.hsj@ssss.gouv.qc.ca.**

For any medical inquiries

You can contact the nursing staff at the plastic surgery clinic Monday through Friday between 7:30 a.m. and 3:30 p.m. at:

514-345-4931, ext. 3444, or by email at the above address Monday through Friday between 8:00 a.m. and 3:30 p.m.

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