

Burn information

Sun protection for burn scars

Scars are not as strong as undamaged skin and are very sensitive to sun damage. Ultraviolet (UV) radiation from the sun can damage scars in less than 15 minutes. You cannot see or feel the effect of the radiation until it is too late.

**Slip on sun protective clothing**

Cover up as much of the skin as possible

**Slop on SPF 30 sunscreen or higher**

Make sure it is broad spectrum and water-resistant

**Slap on a hat**

Wear a brimmed hat that covers your face, head, neck and ears

**Seek shade**

Make use of natural or built shade or bring your own

**Slide on some sunglasses**

Close fitting wrap-around style offers the best protection

Sun exposure can cause sunburn leading to permanent colour changes of the scar. Research has also proven a link between childhood burn scars and the increased incidence of skin cancers developing later in life. Strict sun protection is recommended for at least two years after the burn.

For further advice please contact PCH Ward 1B on 6456 3630 or the Cancer Council Western Australia 13 11 20.

When UV is 3 or above, be “sun smart”. Visit myUV.com.au for the UV forecast.



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Child and Adolescent Health Service



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