



Tips for Moisturizing and Managing Itching

Itching is common and normal but can be difficult to manage. Itching can start right away or months later. It mostly occurs when burns are healing. It is important to keep healed burns moisturized to minimize itching and scratching.

Moisturize at least two or three times per day, especially after bathing with:

Ointments: Thicker, absorb slower, last longer. Can cause sensitivity reactions (rash). They come in jars, tubes and tubs.

Lotions: High water content, thinner and soak into the skin faster. Lotions need to be applied more often and come in bottles.

Massage ointment or lotion in to healed burn for one to two minutes.

Keep baths short. Long, hot baths dry the skin.

- Use mild, unscented cleansers and soaps.
- Keep nails short to prevent scratching.

Detergents. Use dye-free, perfume-free detergents.

- Examples: All Free and Clear, Method Free and Clear, Arm and Hammer for Sensitive Skin, Target Up & Up Free and Clear, Dreft

Soap/Cleanser Recommendations:

Cetaphil
CeraVe
Neutrogena Ultra Gentle cleanser
Purpose Gently Cleansing Wash
Cetaphil RestoraDerm Body Wash
Aveeno cleansing bar
Oil of Olay Sensitive Skin soap
Dove

Moisturizer Recommendations:

Aquaphor
Vaseline
Cetaphil Moisturizing Cream
CeraVe Moisturizing Cream
Cetaphil RestoraDerm Lotion
Aveeno Baby Eczema Therapy
Cocoa Butter