

Sun Protection and Burn Scars



Sun protection after a burn injury is important. Your new skin is much more likely to be damaged from the sun when compared to your uninjured skin. You must protect burn scars from the sun for at least a year, and possibly longer.

Not only can the sun damage healing skin, it can also cause permanent discolorations. Burn scars may darken or become blotchy after short amounts of sun exposure. Damage can happen in as little as 15 minutes!

Cover: You can cover your burn scars with protective clothing. Think wide brimmed hats, large sunglasses, UV protectant clothes and clothes with tightly woven fabrics.

Avoid: Avoid the sun at the strongest times of the day (10 am – 4 pm). Remember that UV rays can penetrate through clouds so you need to protect your skin on cloudy days. UV rays reflect off water, snow, sand and ice.

SPF: Anytime you are in the sun, you need to apply sunscreen and reapply every two hours. You will need to reapply more often if you are swimming or sweating.

What to look for:

- SPF 30 or higher
- Broad spectrum – to protect against harmful UVA and UVB rays
- Water resistant
- Formula – lotion and creams provide better and more even coverage than sprays