Steroid Injections to Burn Scars

When a minor burn heals, the new skin looks and feels almost the same as before the burn injury. When the burn is deeper, the skin takes a longer time to heal and may require a skin graft. Deeper burns can cause scars. Some scars may be small, soft and flat and do not cause problems. Other scars can be large and raised. These scars can cause problems with movement and appearance.

**Why does my child need steroid injections?** Burn pressure garments, splints, and exercises can help prevent or decrease scars. Sometimes the scar may not get better with these treatments and your child’s doctor may recommend steroid injections.

**How is a steroid injection done?** Steroid injections are done by placing a steroid solution into the scar. This helps the scar become softer and flatter. Most patients who have steroid injections are already using pressure garments or splints. Your child will need to continue with these treatments after steroid injections.

**Where do I have to go for my steroid injection?** Steroid injections are done in the outpatient setting. Your child will come to the hospital and have the procedure done while they are asleep in the operating room, and go home on the same day.

**Are there any side effects from steroid injection?** The most common side effect of steroid injections is itching to the area. If itching is a problem for your child, the doctor may order medicine to help.

**When does the burn pressure garment need to be put back on?** Pressure garments or splints need to be replaced to the areas by bedtime on the day of steroid injections.

**When can my child return to school or work?** Most children return to their regular activities such as school or work the day after the steroid injections.

**Who do I call for questions or concerns?**
During normal business hours:  Jill Evans, RN at 843-792-3852 or Ryan Curry, RN at 843-792-6909

Evenings and weekends:  843-792-2123 Have the hospital operator page the pediatric surgery resident on call

This handout was developed to help patients understand more about their condition, treatment, or procedure. It is meant to be used as a guide to supplement your healthcare provider’s instructions. Please consult your physician if you have any questions.