



Integrative Pediatrics, LLC

Safe passage in a changing world.

SUNBURN RELIEF

Drink water. Sun exposure affects hydration status.

Take a cool, (not cold) shower or bath. It can help relieve the pain, as well as eliminate the excess heat of sunburned skin. Bathe or shower with cool water as often as needed. Use only mild cleansers to avoid aggravating burned areas.

Apply cooling lotions. Look for formulations that include ingredients like witch hazelnut, lavender and aloe. These ingredients have the ability to help skin renew itself by stimulating cellular metabolism, encouraging healing. Keep the lotion in the refrigerator for cool, immediate skin relief.

Vitamin E cream may help reduce inflammation and pain relievers such as acetaminophen and ibuprofen can help minimize pain. Topical steroids like hydrocortisone cream may also help with pain and swelling. Apply HC cream sparingly, three times daily for up to three days.

APPLE CIDER VINEGAR BATH

For large burned areas, try an apple cider vinegar bath. Use a brand that has been wood-aged, rather than one that is chemically-aged. Apple cider vinegar helps to balance the skin's pH factor. When there is chemical balance, healing is supported. Add two cups apple cider vinegar to a bathtub of cool water. Soak for 15 minutes. The skin will be soothed, and much of the pain will be relieved. Remember to "pat" dry, not to wipe dry.

YOGURT SKIN HEALER

Yogurt is a natural healer. Use compresses of yogurt to help cool and hydrate the skin. Spread plain yogurt in several layers of cheesecloth and compress the burned area. Replace compresses as the yogurt warms on the skin.

BAKING SODA SOOTHER

Like apple cider vinegar and yogurt, baking soda helps to balance pH. Add ¼ cup baking soda to a cool bath. Soak for 15 minutes.

ADDITIONAL TIPS

Avoid any additional sun or UV light exposure while your sunburn is healing. Use clothing as protection while healing – long sleeves, hats, etc.

Avoid products that contain benzocaine and lidocaine. They may actually create more itching and inflammation by causing an allergic contact dermatitis. For itch, use oral Benadryl (not topical) or Claritin.

If your sunburned skin develops blisters, resist the urge to pop them. The blister cover is actually protecting your raw skin underneath from infection.

WHEN TO SEEK EMERGENCY HELP

Burns that appear deep red or are blistered should be seen by the doctor.

If the skin is charred or severely blistered do not bathe in water. If clothing or anything else is attached to the skin, leave it alone. Simply cover the area with a clean cotton cloth and allow the area to be professionally treated.

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