

Treatment:

- Tylenol or ibuprofen started early and continued for 2 days can reduce discomfort and swelling.
- Over the counter 1% hydro-cortisone cream applied 3 times daily may decrease swelling and pain, but only if used early. Use a moisturizing cream until you can get the steroid cream. Avoid petroleum or other ointments because they keep heat and sweat from escaping.
- Cool baths or wet compresses several times daily. Add 2 oz baking soda per tub. Avoid using soap on the sunburned skin.
- Extra fluids on the first day to prevent dehydration, dizziness, and replace fluids lost into the sunburn.
- Trim skin of broken blisters to prevent infection
- Apply over the counter antibiotic ointment to any open blisters. Remove it with warm water and reapply it twice daily for 3 days.

Call our office when:

- Several blisters break open
- The sunburn looks infected
- Your child becomes worse