

Length of Cooling Following Thermal Injury

Authors of the study *How to Cool a Burn: A Heat Transfer Point of View*^{J Burn Care Res 2012;33:176 – 187} found there was little benefit to cooling a burn longer than 30 seconds from a heat transfer point of view, in other words, this is the minimum length of time required to stop further damage to the skin.

Current Recommendation

While keeping your child warm, cool only the burned skin and any clothing that is stuck to it for 10-15 minutes, or until the skin feels cool to touch. Continue cooling the skin, even if it peels or blisters. Cooling the skin will help reduce the pain and damage.

New Recommendation

To prevent further or deeper damage, cool the burned skin for minimum of 1 minute and/or until it is cool to touch. Your child will be very upset but cool the skin even if it peels or blisters.

Cooling the burn for up to 10 or 15 minutes may also ease your child's pain but remember to keep your child warm while cooling only the skin that has been burned to prevent hypothermia.

If the burn area is larger than the size of several of your child's palms put together, cool for at least 1 minute, and then call for an ambulance.