

Health Information for You

Patient and Family Education

Upstate Connect: (315)464-8668 • (800)464-8668

UPSTATE
UNIVERSITY HOSPITAL

Clark Burn Center

TIPS FOR HOME DRESSING CHANGES

1. Pick a place in the home where the dressing change will be completed and be consistent
 - Pick a place that is away from your child's sleeping and play area. This will help your child feel safe in these areas.
2. Have your child sit in a way that will allow them to be most comfortable, while keeping their body safe and still
 - This position may look similar to how your child was sitting during dressings placed in the hospital. This may require one person holding the child and one person completing the dressing change.
3. Explain to your child what is happening
 - Explaining each step to your child can help develop a routine. Be honest with them and give breaks when necessary.
4. Help your child remain calm
 - Turn on your child's favorite show, movie, music or allow them to play with their favorite toy. You can also try a stress ball or fidgets. Try your best to remain calm during the dressing change, this will help your child remain calm.

Please contact the burn team's Child Life Specialists with any questions.

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