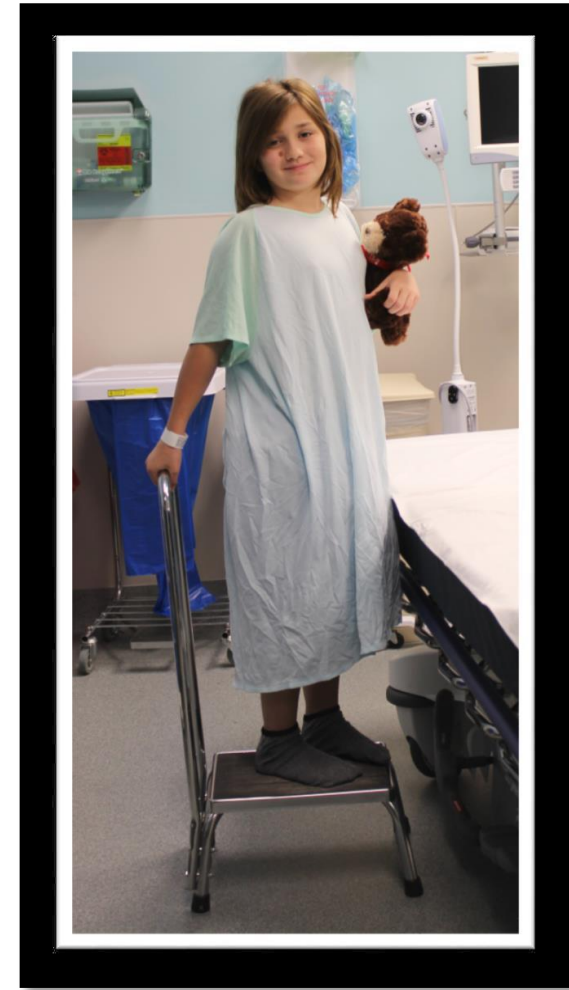


# Hydrotherapy



I am at the hospital because I have burns on my skin.

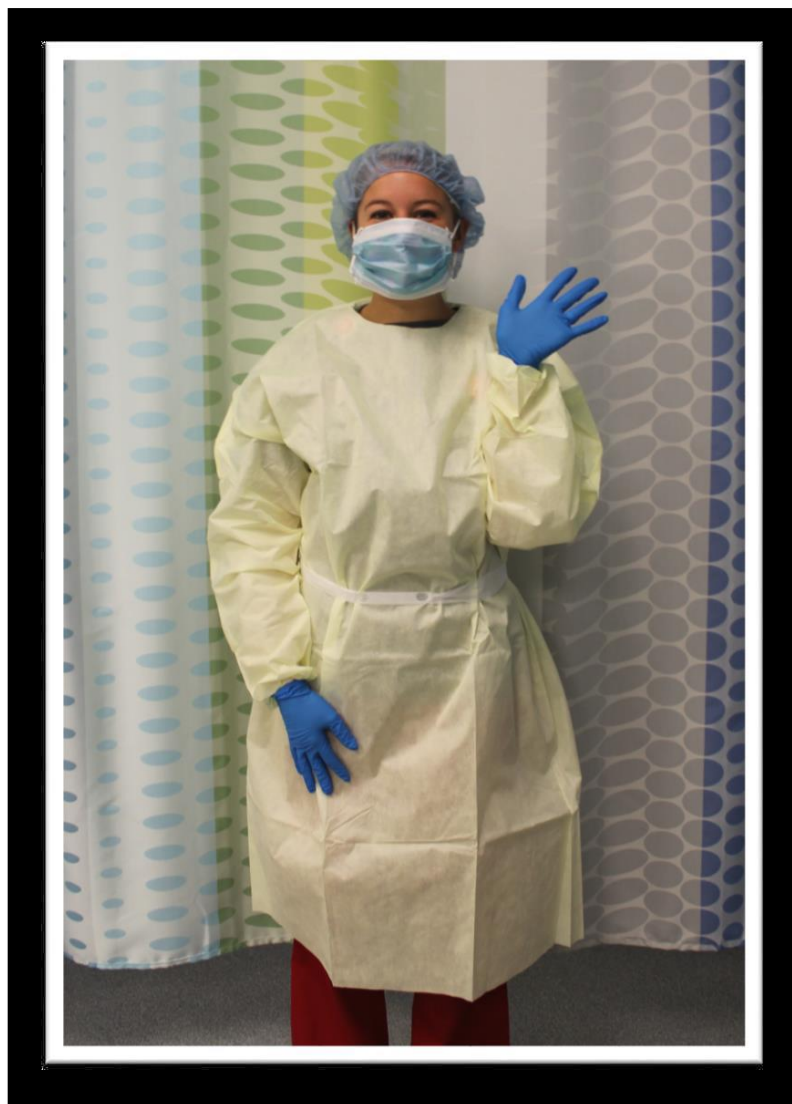
The nurses and doctors at the hospital will take special care of me while my burns heal.



Each day I will go to hydrotherapy.

In hydrotherapy the nurse will clean my burns and change my bandages so my skin can heal.

This is what the hydrotherapy room looks like. It has two beds in it.



Everyone in the hydrotherapy room will be wearing a hat, mask, gown and gloves like this to protect my skin from germs.



On the first bed I will take off my hospital gown and socks.



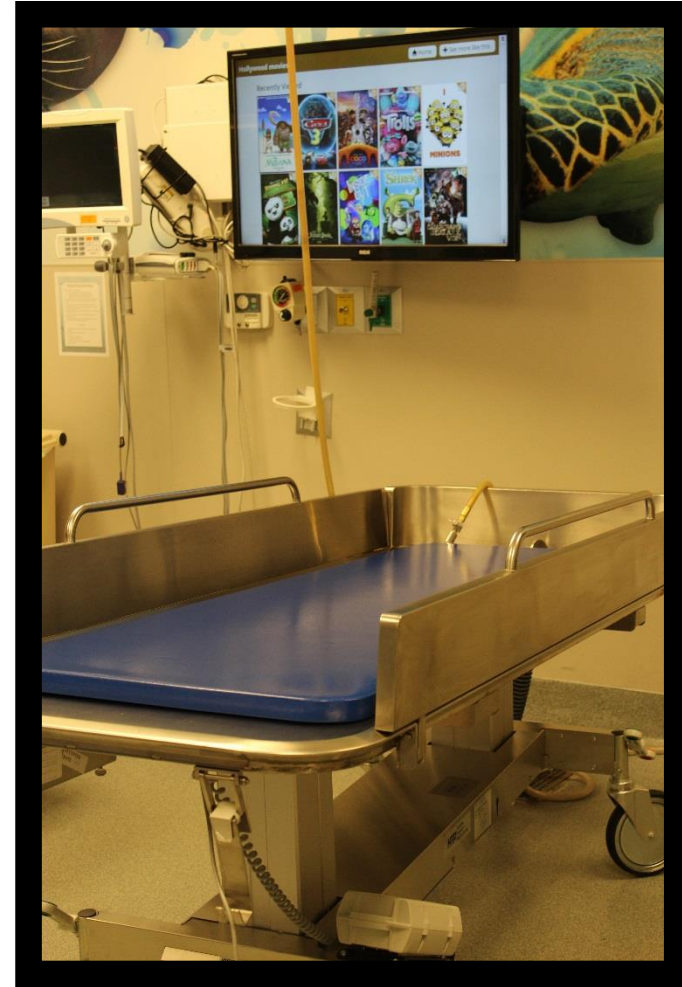
The nurse will then give medicines through my IV.

The medicines will help me relax and may make me feel sleepy.



Then the nurse will then take off my dirty bandages with “Special Scissors”. These scissors are special because they have a rounded end and only cut bandages.

They may feel cold on my skin. My job is to help by staying still.



After my bandages are off I will move to the “Special Tub”.  
This tub is special because it does not fill up with water like a normal tub.  
The water comes from a hose from the ceiling.



The nurse will start with my hurt spots first.  
They will wet soft gauze with the hose, then gently wipe my hurt spots.

I can help by staying still.  
Once the nurse is done cleaning my hurt spots, it is very important that I don't touch those spots.





The nurse will then use a soft washcloth and soap to clean the rest of my body.

The nurse may use the water hose to gently spray off the soapy bubbles.

The nurse will not spray my hurt spots.



After my skin is clean, it will be time to move back to the soft bed.

The PT/OT will then do some stretches with me.

These stretches are very important because they keep my hurt skin from getting stiff and hard to move.

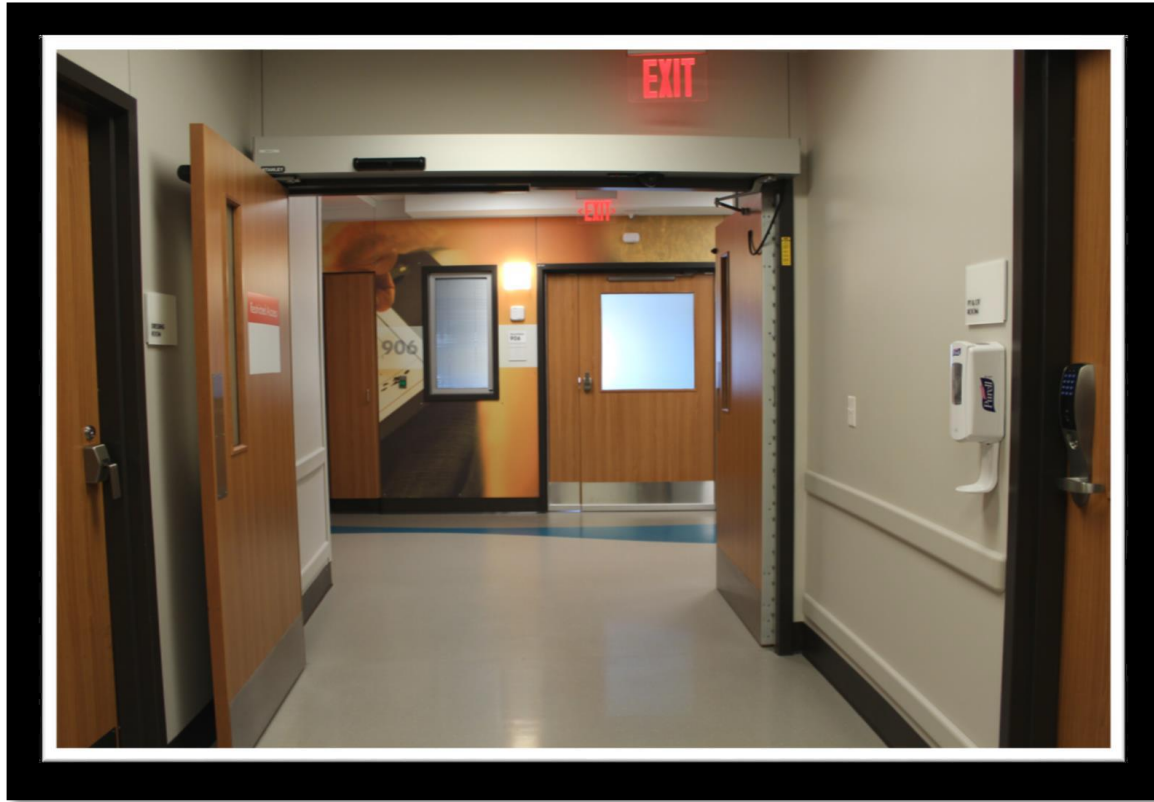


It is time to get clean bandages on.

The first layer has the medicine on it that will help my burns get better. It may feel cold against my skin.

The white fluffy bandages goes on next. This bandage will help keep me warm and helps protect my burns.

The last bandage helps hold the first two bandages on.



After my new bandages are on I will put on a clean gown and socks and go back to my room.

I am going to do great!

This social story has been developed as a resource for families, clinical practitioners and trainees at The Children's Hospital of Alabama by the Sensory Task Force. Effort has been made to ensure the accuracy of this story, but it is the user's responsibility to evaluate the appropriateness of this information for each clinical situation (1st ed. 2018)