



Vaporisers: A Danger in Paediatric Burns

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Background + Aims

- The use of hot steam vaporisers for children is an increasingly common trend in Australia
- We aim to characterise the incidence and health burden of vaporiser burns in children

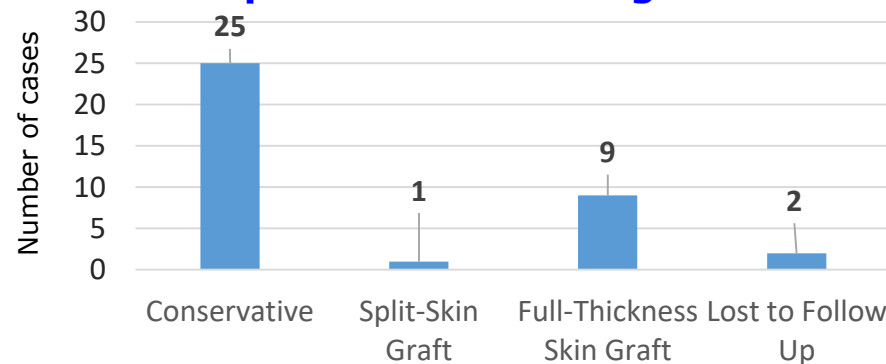
Methods

- Retrospective audit of medical records, to collect data on vaporiser burns at a large tertiary paediatric hospital from May 2015 to May 2018
- Data points: demographics, location of burn, TBSA, burn depth, supervision level, first aid, management, complications

Results

- 37 cases in total over a 3-year period
- 98% of cases were in children under 2 years of age and majority (73%) male
- Managed in outpatient and day surgery setting
- <1% TBSA in 88% of cases
- 92% of children sustained hand burns
- >50% of children were unsupervised when the burn occurred
- 81% of cases received inadequate first aid

Vaporiser Burn Management



Conclusions

- In our cohort, hot steam vaporisers cause significant morbidity in children including the need for surgical intervention
- 27% of burns required surgical management
- 14% of cases had scar complications

Recommendations

- These products are marketed for the relief of symptoms of nasal congestion and viral illness, however little clinically sound evidence supports these claims
- More research is required to fully characterise the risk benefit profile of this household item, however, our study shows caution is essential when using a vaporiser around children