



Scars and Burns Claims Guide: Summary and Worksheets

Your own working pages. These are your notes in your own words. They are not a VA form, they are not sent to the VA, and nothing here is a medical finding or a prediction about your claim.

Start with the essentials

- 1 Map each scar or burn separately**
Record location, size, cause, treatment, and whether it is painful, unstable, deep, or function-limiting as documented.
- 2 Use measurements and photographs carefully**
Organize clinical measurements and dated photographs without replacing the examination or guessing at a rating.
- 3 Identify functional and cosmetic effects**
Note motion limits, pain, skin breakdown, treatment, and effects on work or ordinary activities.

How to use this packet

Complete only what helps you prepare. Use approximate dates when exact dates are unavailable. Mark records as missing or unverified instead of guessing.

The full guide, research, charts, rating discussion, sources, and current information remain online at:

<https://ratemyvso.net/dc/scars-burns-guide>



WORKSHEET 1 OF 5

Scar and burn location map

Optional working notes for Scars and Burns. Write only what you know. Leave anything blank that does not apply.

Each scar or burn: location, side, cause, and date

Length, width, area, depth, or other clinical measurements, if available

Pain, instability, adherence, tissue damage, or other recorded findings

Your notes stay yours. This blank PDF is not submitted to the VA. Saving answers through the website requires your RateMyVSO account.



WORKSHEET 2 OF 5

Function, symptoms, and treatment

Optional working notes for Scars and Burns. Write only what you know. Leave anything blank that does not apply.

Motion, strength, sensitivity, clothing, work, or ordinary-activity effects

Skin breakdown, treatment episodes, frequency, duration, and recovery

Surgery, medicine, therapy, dressings, and response

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WORKSHEET 3 OF 5

Connection and examination questions

Optional working notes for Scars and Burns. Write only what you know. Leave anything blank that does not apply.

In-service injury, procedure, burn, onset, or secondary-condition history

Operative, treatment, measurement, and photograph records

Questions about separate scars, disfigurement, function, cause, or worsening

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WORKSHEET 4 OF 5

Records and unanswered questions

Optional working notes for Scars and Burns. Write only what you know. Leave anything blank that does not apply.

Record, date, source, and page if known

Do I have my own copy?

- | | |
|---|---|
| ☐ Not sure | ☐ I have a copy |
| ☐ Requested, still waiting | ☐ I do not have a copy |

Do I know whether the VA has it?

- | | |
|---|---|
| ☐ Unknown or not verified | ☐ Submission receipt available |
| ☐ Listed in my decision letter | ☐ Not submitted by me |

Missing records, request dates, and questions to follow up

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WORKSHEET 5 OF 5

Decision-letter reading sheet

Optional working notes for Scars and Burns. Write only what you know. Leave anything blank that does not apply.

Letter date, condition, and what the VA decided

Reasons and evidence listed, with page numbers

Dates and instructions in the letter; questions for a representative

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