

Minor burns care (adults and children)

This leaflet aims to help you and/or your relative look after your burn injury.

What happens next?

- Please keep your dressings clean and dry.
- Your dressing requires to be changed every _days (until wound
- is healed) by:
 - You
 - Practice nurse
 - Community nurse
 - A&E Clinic
- However, if: fluid seeps through the dressing; the dressing becomes accidently wet; the dressing begins to peel/fall off, it will need to be changed sooner.
- If you experience any of the following symptoms you should contact _____
_____ immediately.
 - Worsening pain
 - Redness / swelling / heat surrounding the affected area
 - Offensive odour
 - You feel ill / develop a temperature.

Pain:

- Take painkillers regularly if your burn is painful and 30 minutes before a dressing change to help ease discomfort.
- Elevate the affected limb, when possible, to relieve discomfort and reduce swelling.
- Keep moving the affected limb, particularly if the burn is over or near a joint.

Skin care:

- Once the burn wound has healed the skin may become dry or itchy. Moisturise regularly with a basic moisturiser (aqueous cream / E45 or similar).
- Avoid exposing the area to the sun or use high factor sun block, especially in the first 18 months to 2 years after injury.
- Scarring should not be expected unless the burn is very deep but it may take several months for the redness or marks to fade. This is normal.

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or the nurse looking after you. You can also pick up a copy of the Trust leaflet called 'Talk to us', which explains how you can raise concerns or give feedback on your experience at the hospital.

More information is available on the Trust website: www.royalberkshire.nhs.uk