

# 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 accidentally 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
  - Offensive odour
  - Redness / swelling / heat surrounding the affected area
  - 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 two 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 'Patient Advice and Liaison Service (PALS)', which explains how you can raise concerns or give feedback on your experience at the hospital.

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