

## Minor Injuries Unit

# Burns / Scalds

## Information for patients

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**We hope to help your burn/scald heal as quickly as possible. There are some things you can do to help this.**

1. Nurse will have applied cream and a dressing to the area, it should not be removed except by the nurse on your next visit. They will tell you when that is to be. If your dressing becomes wet or dirty in the meantime, please come back to us. Do try to keep it clean and dry.
2. Rest as much as possible, it may be advisable to have a few days off work or school.
3. If the burn is on a hand, arm, leg or foot, keeping that area elevated will help keep swelling to a minimum. Your arm may have been placed in a sling; or you can rest it on the opposite shoulder. Your feet can be kept up on a stool.
4. If the burn is on your fingers or toes try to keep wriggling them; it will help keep the swelling down and prevent stiffness.
5. Make sure you drink plenty of fluids and try to eat a well balanced diet; this helps healing to take place.

6. As your burn is likely to be painful at first - paracetamol can be taken or our doctor may prescribe some other pain killer for you.

### **Burns of faces:**

these have no dressing. You will be given some cream to apply - nurse will tell you how often.

### **Burns to hands and feet:**

these may be treated with cream and the affected area put in a plastic bag. This is so the cream can work even between your fingers/toes and you can keep the area moving. Your hand/foot will look very white and wrinkled when it is removed from the bag - this is normal.

**If you are at all worried, or have any questions, please do not hesitate to ask**