

# Burns injury

**You have sustained a burn or scald, which may have been treated with a dressing. This advice sheet has been given to help you and/or your relative deal with the burn you have sustained.**

If your burn is very minor and caused only mild redness to the skin, a dressing may not have been necessary. In these cases you are advised to keep the area cool and moisturised with a simple moisturiser ie E45 or after-sun cream. You are requested to return for review if the area blisters.

If a dressing has been applied patients are normally requested to return for review in 48 hours. At this review the dressings will be removed and the burn assessed. If the clinician has any concerns regarding the severity of the burn you may be referred to see a burns specialist. If they are happy with your burn a dressing may be reapplied and you will be referred to your practice nurse for subsequent appointments.

## Your burn wound

Your burn has been dressed, and this dressing should remain undisturbed until your next attendance, unless:

- Fluid seeps through the dressing.
- It becomes accidentally wet.
- The wound becomes more painful, red or smelly, or if there is a discharge.
- You feel ill or develop a temperature.

In which case you should return to the Minor Injury Unit or GP practice as soon as possible.

## Looking after your wound

- If the burn is on your arm or leg it is advisable to elevate the limb to reduce swelling and pain.
- Keep the dressings clean and dry.

continued over...

- 
- It is advisable to drink plenty of fluids to keep the skin hydrated.
  - Eat a well-balanced diet to promote healing.
  - Take pain killers such as paracetamol or Ibuprofen for discomfort or pain. Please discuss your analgesia (pain relief) with the Clinician or Pharmacist to ensure you able to use these safely.
  - New skin will be sensitive for a whole year after it has healed and will need protection from the sun, even mild sunshine.

**Please contact your GP or NHS111 for any queries or concerns.**

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email [wcnt.yourexperience@nhs.net](mailto:wcnt.yourexperience@nhs.net)

March 2020 V1