

## Advice to patients following burns and scalds

In order to help the healing process and ensure your comfort and normal movement of the affected area the following advice is recommended after receiving a burn / scald.

- The affected area should be elevated whenever possible to reduce swelling. Swelling is usually at its worst up to 48 hours following a burn / scald.
- Burns can be extremely painful. Regular pain relief will provide comfort and enable normal movement of the affected area.
- Regular gentle exercise / movement of the affected area, particularly when burn wounds are over joints will help to prevent tightening of the skin.
- Burns are prone to infection. Therefore observe the wound for any signs of infection which may include an increase in heat, pain, swelling and redness to the skin surrounding the burn wound. Other symptoms of infection following a burn, especially in children, include vomiting, diarrhoea and a rash. Any signs of infection please return to A&E.
- The burn wound should be reviewed 48-72 hours post injury. Attend follow up clinics appointments as suggested by the Nurse Practitioner / Doctor, for review and redressing of the wound.
- If bandages or the top dressing becomes noticeably soiled with blood or discharge you must return to A&E for the wound to be redressed.

## Care after the wound has healed

Once the wound is healed, the potential for abnormal scarring, contracting and discolouration of newly formed tissue may be reduced by:

- Moisturising with non perfumed creams to prevent cracking, drying out and contracting of new skin.
- Using UV sun protection of factor 50 to prevent initial discolouration of the skin becoming permanent.
- Regular massage of the affected area helps to prevent / minimise bands of restrictive scar tissue and / or raised scarring.

**Any concerns or queries regarding your burn/scald injury please contact the Accident and Emergency department on 01709 424690.**

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281.

