



# Burns Injury

## First Aid Measures for Burns

Apply cold, preferably running water, to the burn surface for 10 to 20 minutes.

Apply cling film or polythene bags to the skin. This will reduce pain and protect the skin.

**Do Not** apply creams or dressings which may stick to the burn.

Seek early medical advice.

## How to encourage healing and prevent infection

It is important that your skin heals well and that you recognise signs and symptoms of infection. Superficial burns usually heal within two weeks.

- **Do** keep the area clean until it is completely healed;
- **Do Not** remove the dressing unless you have been advised to do so.

## Please seek advice if there is any sign of infection, such as:

- Increased pain;
- Temperature / fever;
- Wet or foul smelling dressings.

In children there may be more subtle signs of infection, these include: a rash, a high temperature, loss of appetite and / or diarrhoea.



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## Pain Relief

Use of Paracetamol (Paracetamol for children) and / or Ibuprofen are helpful in managing pain.

## Dressings

Some staining of the dressing is expected. If the dressing becomes wet or foul smelling you should return to the Emergency Department or see the practice nurse at your GP surgery for review.

## Follow up

Burns are followed up either locally with your own GP, or in Bristol at one of the specialist burn centres. If your burns need review, you will be given an appointment before leaving the Emergency Department.

## After Healing

Massaging the newly healed skin and applying moisturising cream (for example a vitamin E based cream) will help reduce dry skin, make the area more supple and may help to reduce the appearance of scarring.

## Sun Exposure

The burned / scaled area of skin will not tolerate direct sunshine for a period of at least two years. The damaged skin may blister even if exposed to mild sunshine.

For the **first year** avoid exposing the affected area to sunshine. For the **second year** use a high factor sun cream and if redness or blistering occurs then continue to avoid sunshine.



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**For 24 hour advice  
contact NHS Direct on 111**

## Further Advice And Instructions

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**Please retain this leaflet for future reference.**



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**For further advice or information you can telephone your local Minor Injury Unit (MIU):**

## **Chippenham Community Hospital**

Rowden Hill

Chippenham

SN15 2AJ

Tel: 01249 456 403/4

Open: 07:00am to 23:00pm; Seven days a week

## **Trowbridge Community Hospital**

Adcroft Street

Trowbridge

BA14 8PH

Tel: 01225 711 329

Open: 07:00am to 23:00pm, Seven days a week

From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

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