

Care after a minor burn injury

Emergency Department

Information for Patients

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General advice for burns/ scalds

You have a superficial burn to your skin. These can be extremely painful and will cause discomfort.

Burns cause the area to become red and the skin may blister. Do not worry about the redness, as this will go down, generally superficial blistering does not scar and heals well.

During the treatment of your skin, any blistering may have had the top layer of skin removed (de-roofing). This is helpful to the healing process as it allows for the depth of the burn to be checked and the dead skin is removed. The pain from any blisters will settle as they heal and dry out. It will be less likely to restrict your range of movement and it prevents the blister from rupturing at a later time, which could contaminate the burn. It also allows us to clean the wound bed to reduce the risk of infection.

All burns produce fluid which may soak through the dressing.

What problems do I need to look out for?

It is important that you look out for signs of infection. You should seek advice from your GP or Emergency Department if:

If your burn becomes:

- offensive smelling
- red
- swollen and more painful

Or if you:

- have a high temperature
- develop a skin rash
- have any vomiting or diarrhoea

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

If you have been referred to the burns and dressings clinic at the Leicester Royal Infirmary you will be contacted with an appointment. Their contact number is 0116 252 5358.

Do ...

- Take regular tablets for pain. It is advised that you take a combination of paracetamol (2 tablets, 4 times a day) and ibuprofen (3 times a day, maximum 400mg per dose. This maybe 1 or 2 tablets depending on the type of ibuprofen). These tablets are suitable for most people, if you are unsure please read the leaflet provided with the tablets or ask a pharmacist.
- See the nurse at your doctor's surgery or contact Single Point Access (SPA) (0300 300 7777) if your dressing becomes wet, smelly or heavily soiled.
- Dressings should be changed every 2 to 3 days. You may have been advised its safe to do this yourself or to see the nurse at your GP surgery. Keep them clean and dry to prevent infection.
- It is advisable to take pain relief before a dressing change.
- After the burn has healed apply a moisturising cream to the affected area for the next 3 weeks.

Do not ...

- Expect your burn to heal immediately. The healing time of a burn or scald is dependent on many factors including how big the burn is and the depth.
- Allow the area to come into contact with the sun in the first year. The damaged skin is very sensitive to the sun's rays and may blister even if exposed to mild sunshine. For the first year avoid sunshine to the affected area. For the second year use a high factor sun cream and keep out of the sun if any redness or blistering occurs.
- Smoke. It can affect the healing and so it is advisable to stop smoking.

Contact details

Minor Injuries Unit, Emergency Department, Leicester Royal Infirmary

Switchboard 0300 303 1573 (ext 0052 or 0054).

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk