

# Caring for your child and their burn injury

Burns & Plastic Surgery /  
Children's Day Care Unit  
Information for Patients, Parents & Carers

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## Introduction

Your child has been sent home from hospital with a dressing in place over their burn injury. The information in this leaflet will help you care for your child at home.

## Dressings

Your child will have a dressing covering their burn to protect the area. A dressing is needed until the burn is fully healed and it will need to be changed regularly. Your nurse will tell you when this will be and how often.

You will need to phone the ward or the dressing clinic if any of the following happens:

- The dressing becomes too tight.
- The dressing becomes dirty or wet.
- The dressing becomes loose or falls off.
- If too much wound fluid leaks through the dressing.
- If the dressing looks green or becomes smelly.
- If your child is in pain after having pain relief.

**Please do not remove the dressing yourself as it is often a medicated dressing to reduce risk of infection.**

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**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://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](mailto:InformationForPatients@uhl-tr.nhs.uk)

## If your child becomes unwell

Very rarely a person may become unwell with a burn injury of any size. Toxic Shock Syndrome is a rare but serious complication of infection. It can make a person feel really poorly very quickly and is treated as a medical emergency. In some rare, advanced cases it can be life threatening.

It is important that you check your child and phone the ward if they have any of the following as you may need to bring them back to hospital to see a doctor:

- High temperature/shivers
- Rash
- Diarrhoea or is sick
- Muscle aches
- If she/he goes off their food and drink
- If she/he becomes very sleepy
- Stops weeing
- Headaches

**However if your child is extremely unwell or you are very worried about their condition seek help immediately - take your child to the nearest Emergency Department or call 999.**

## After the burn has healed

Once the burn has been seen by a nurse and dressings are no longer needed, you should cover the healed area with factor 50 or sun block if the new skin is going to be out in the sun. This area of skin is sensitive and more likely to burn in the sun. The area could also be covered with clothing or a hat to protect it.

Your nurse will talk to you about the length of time to keep your child off school. If the burn is knocked it could make it worse.

Sometimes healed burns can become itchy. Regular washing and moisturising will help with this. You may need to ask your GP to prescribe an antihistamine if washing and moisturising is not helping. Try not to let your child scratch as it may break the skin, introduce infection and damage the skin.

As newly healed skin is more sensitive, use cooler water to bath / shower your child at first.

For ongoing scar care of this area you will be advised about keeping the skin moisturised. A scar leaflet will be given. You may be referred Occupational Therapy if this will help with improving the appearance of the scar.

## Is my child likely to scar?

This depends on how deep the burn is rather than the size. A burn on the top layers of the skin tends to heal within about 2 weeks. If your child's burn takes longer than this, it is possible their burn was deeper and their risk of scarring is higher. Your nurse will be able to advise you and can refer your child to the Occupational Therapy department where a team of Occupational Therapists are trained in scar management. Their support can usually help to improve scarring.

## Other information

### Infection:

To prevent infection try to keep the dressing clean and dry- do not take it off to look at the wound.

### Fluid or bleeding:

When there is an injury or a wound to the body this causes swelling.

Swelling creates fluid that tries to escape from the body, in burns this is often a pale yellow, straw colour.

By keeping the arm/leg raised this will reduce swelling, fluid leakage and pain.

Try not to rub, knock or wet the dressings.

Give your child plenty of water to drink and a high protein diet as this will improve wound healing

Foods that are high in protein: chicken, lentils, pulses, green beans, broccoli, fish, eggs are good for wound healing. If your child suffers from kidney problems please check with their General Practitioner (GP) before increasing their protein.

## What if my child is in pain?

Give regular pain relief, for example, paracetamol and Ibuprofen. You will need to buy this over the counter as the hospital do not supply it.

Please speak to your nurse if getting this pain relief is a problem.

Instructions on how much to give and how often is written on the box. Follow these carefully. Do not give more than the recommended dose as this could be dangerous for your child.

If you are not sure if your child is safe to take paracetamol and ibuprofen, check with your child's GP.

Often burns are more painful in the first week of them happening and then they tend to settle down. Give regular pain relief for the first few days and then gradually reduce it, depending on how your child reacts.

## **Support groups**

### **Changing Faces**

The Squires Centre, 33-37 University Street, London WC1E 6JN

Tel: 0845 4500 2275

Email: [info@changingfaces.org.uk](mailto:info@changingfaces.org.uk)

Website: [www.changingfaces.org.uk/](http://www.changingfaces.org.uk/)

This is a national charity based in the UK that supports people who have disfigurements of the face or body from any cause.

### **Dan's Fund for Burns**

PO Box 54394, London W2 7HJ

Tel: 020 7262 4039

Email: [info@dansfundforburns.org](mailto:info@dansfundforburns.org)

Website: [www.dansfundforburns.org/](http://www.dansfundforburns.org/)

This is a UK burns charity that offers practical help in a wide range of circumstances to burn victims in the UK.

### **Katie Piper Foundation**

PO Box 334, 19-21 Crawford Street, London W1H 1PJ

Tel: 07496 827266

Website: [katiepiperfoundation.org.uk/](http://katiepiperfoundation.org.uk/)

This is a UK charity that supports burn survivors throughout their recovery journey and delivers intense rehabilitation to improve survivor outcomes.

### **Children's Burns Trust**

2 Grosvenor Gardens, London SW1W 0DH

Tel: 020 7881 0902

Email: [info@cbtrust.org.uk](mailto:info@cbtrust.org.uk)

Website: [www.cbtrust.org.uk/](http://www.cbtrust.org.uk/)

This is a national charity dedicated to providing rehabilitation support for burned and scald injured children and their families, as well as prevention and awareness campaigns for which there is little or no national funding.

## Contact details

We hope this information will help you care for your child at home. If you feel you need more information or advice, or if you have any concerns, please contact:

- Children's Day Care Unit - Windsor Building, Level 4, Leicester Royal Infirmary  
Monday to Friday - 8.00am to 6.00pm 0116 258 6317 / 0116 258 6922
- Out of hours: Ward 19 - Balmoral Building, Level 6, Leicester Royal Infirmary  
0116 258 5244 / 0116 258 5534
- Outreach Nurses: 07956 266983

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](mailto:equality@uhl-tr.nhs.uk)



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