



Emergency Department Advice Sheet – Minor Burns

Minor burns care

What happens next?

- Please keep your dressings clean and dry.
- Your dressing requires changing in.....days by: -
 - You
 - Practice nurse
 - Community nurse
 - A&E Clinic
- However, if fluid seeps through the dressing; the dressing becomes accidentally wet; the dressing begins to peel/fall off, it will need to be changed sooner.

Things to look out for

Please return to the Emergency Department or your GP surgery if you experience any of the symptoms below: -

Offensive odour

Worsening pain

Redness / swelling / heat surrounding the affected area

You feel ill / develop a temperature.

Additional advice and instructions

Pain:

- Take painkillers regularly if your burn is painful. Take those 30 minutes before a dressing change to help ease discomfort.
- Elevate the affected limb, when possible. This will help to relieve discomfort and reduce swelling.
- Keep moving the affected limb, particularly if the burn is over or near a joint.

Skin care:

- Once the burn wound has healed the skin may become dry or itchy. Moisturise regularly with a basic moisturiser (aqueous cream / E45 or similar).
- Avoid exposing the area to the sun or use high factor sun block, especially in the first 18 months to 2 years after injury.
- Scarring should not be expected unless the burn is very deep but it may take several months for the redness or marks to fade, this is normal.

Further information

More information is available on Clinical Knowledge Summaries:

<http://cks.nice.org.uk/burns-and-scalds>

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.

If you have any comments about this leaflet or the service you have received you can contact :

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

www.cht.nhs.uk

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információit más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔