

This leaflet will help you and/or your child to look after their burn injury

Treatment received:

(clinician will mark and explain as appropriate)

- Painkillers (type) _____
- Tetanus given/up to date
- Blisters removed
- Burn cleaned with _____
- Dressings applied (type) _____

Dressings

- Dressings protect the burn injury and promote healing.
- Please keep dressings clean and dry, and leave in place unless otherwise advised.
- Please find specific information and advice about the dressing below (e.g. waterproof, odour, colour, anti-microbial)

- The dressing needs to be changed every __ days until the injury is healed.

Change of dressing will be done by
(mark as appropriate):

- You** - dressings supplied
- Practice nurse** - please book your own appointment in advance
- Dressing clinic** (if provided in local Accident & Emergency/Minor Injuries Unit/Urgent Care Centre/Walk-in-Centre) - please book your own appointment in advance
- Community/District/Outreach nurse** - referral to be organised by clinician

The dressing will require changing sooner if:

- fluid seeps through the dressing
- it becomes wet
- it begins to peel/fall off.

If your child's burn injury is not healed (or nearly healed) by 14 days, please ask to be referred to your local specialist burns service (if not attending there already).

Your child has a follow-up appointment on:

Date: _____

Time: _____

Place: _____

Concerns

Seek medical advice early if your child experiences any of the following signs or symptoms:

- ✓ Worsening or uncontrollable pain
- ✓ Offensive smell from the burn injury
- ✓ Redness/swelling/heat surrounding the burn injury

Please contact your local specialist burns service or the Emergency Department immediately, if your child experiences any of the following:

- ✓ Feels ill/develops a temperature (fever above 38°C)
- ✓ Diarrhoea
- ✓ Vomiting
- ✓ Not drinking
- ✓ Not passing as much urine as normal
- ✓ "Not well"/"Not their usual self"
- ✓ Rash

Looking after your child's healing burn

Pain

- Give painkillers such as paracetamol and ibuprofen regularly to relieve the pain. Always check the packaging to make sure that you take the correct dosage and never give aspirin to children under 16 years of age.
- Give painkillers 30 minutes before a dressing change to ease discomfort.
- Raise the affected arm/leg when possible to help to reduce swelling, which will reduce pain.

Nutrition

- Eating and drinking a well-balanced diet helps children to grow, stay healthy and to heal after injury.
- Speak with your GP or Health Visitor if you are worried that your child is not eating enough or is underweight.
- Fluid can be lost from the burn so it is important to keep your child hydrated. Encourage regular drinks and alert a health professional if their nappies are dry or they are passing less urine.

Skin care

- Proper aftercare of your child's skin is very important to restore the skin's function, reduce pain, itch and swelling.
- Moisturise regularly with a non-perfumed moisturiser, such as aqueous cream, to soften the skin, prevent dryness and reduce feelings of tightness.
- Once the dressings have been removed, your child can bath again. Use a non-perfumed gentle soap at first.

- Avoid exposing the burn to any direct sun either by covering up with clothes or using sun block (UVB protection) or factor 50 sunscreen (UVA protection), especially in the first two years after burn injury. Sun cream may be available on prescription.

Return to school/nursery or usual daily activities

- Return to school or nursery depends on the location and healing of the burn injury.
- Your child may be able to return on restricted activities with the agreement and support of the school/nursery staff. You will be guided by the burns team.
- We want your child to get back to being as close to their old self as possible. Therefore, it is important to encourage them to continue with their usual level of exercise and activities as far as their healed injury allows.
- If your child has been given exercises by the physiotherapist or occupational therapist, it is important to help them do these as instructed, to get the best results.

Further information and advice

London and South East of England Burn Network

www.lsebn.nhs.uk

NHS Choices

www.nhs.uk/Conditions/Burns-and-scalds/Pages/Treatment.aspx

NHS 111

<http://www.nhs.uk/NHSEngland/AboutNHSservices/Emergencyandurgentcareservices/Pages/NHS-111.aspx>

Healthy Start

<https://www.healthystart.nhs.uk>

Support groups

Changing Faces

www.changingfaces.org.uk

Children's Burns Club

mse.childrensburnsclub@nhs.net

Children's Burns Trust

www.cbtrust.org.uk

Children's Burn Camps

<http://www.britishburnassociation.org/burn-camps>

www.lsebn.nhs.uk

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Caring for children with minor burns

Patient Information

St Andrews Centre (Chelmsford)

Adults **0300 44 30475**

Children **0300 44 30405**

Chelsea & Westminster Hospital (London)

Adults **020 3315 2500**

Children **020 3315 3706**

The Royal London Hospital (London)

Adults and Children **020 3594 5693**

Queen Victoria Hospital (East Grinstead)

Adults **01342 414440**

Children **01342 414469**

Stoke Mandeville Hospital (Aylesbury)

Adults and Children **01296 315040**

John Radcliffe Hospital Oxford

Adult and Children **01865 234760**

