

### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

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## Burn Injury

### A patient's guide



## Burn Injury

You have sustained a burn which may require dressings for up to two weeks. You will have the initial dressings applied here, at the Emergency Department, and then repeat dressings maybe required.

These dressing can be changed at your GP practice by the practice nurse.

You should

- ✓ Keep the dressing dry.
- ✓ Take simple pain relief, i.e. paracetamol, ibuprofen (both are available at pharmacies and supermarkets) to relieve the pain.
- ✓ Before you attend to have dressings changed, take pain medications one hour before appointments.
- ✓ Once the burn no longer requires dressings, you should use sun protection of factor 50 and above for the next 12 months on the burn area.

You should not

- ✓ Remove the dressings unless you have been told to change them yourself.

To help the burn heal you should

- ✓ Eat a high protein diet, unless you have a medical condition which precludes that.
- ✓ If the burn is on a limb, try and keep the limb elevated to help reduce swelling.

If the burn has not healed in 2-3 weeks you should go to see your GP or the hospital, as you may need to be seen at a specialist burns unit.

Go to your nearest Emergency Department if:

- ✓ The dressing becomes very wet from fluid leaking from the burn
- ✓ You accidently get the dressing wet
- ✓ The burn starts to feel worse
- ✓ You develop a fever/temperature
- ✓ You develop flu like symptoms
- ✓ You develop diarrhoea or vomiting