

Burns Team Contact Details

For more information about any of the services please contact a member of the Burns Team.

Burns Unit
Tel: 0151 252 5400
Open 24 hours seven days a week

Occupational Therapy Dept
Tel: 0151 252 5453
Open Monday-Friday
9.00 am-5.00 pm

Physiotherapy Dept
Tel: 0151 252 5236
Open Monday-Friday
9.00 am-5.00 pm

Psychology Dept
Tel: 0151 252 5586
Open Monday-Friday
9.00 am-5.00 pm

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

Burns Unit

Advice following a burn or scald injury

Information for patients, parents and carers



Introduction

You or your child has sustained a burn or scald injury where the skin has been damaged. The amount of damage will determine the length of time the wound will take to heal. If this is a superficial burn, this will usually take less than 14 days to heal. If the burn or scald has not healed after this time, further treatment options may be discussed at the clinic appointment.

Dressings

- Please keep this dressing clean, dry and do not remove until the next dressing change is due.
- If the dressing gets wet or falls off, then this needs replacing; please call the Burns Unit for advice.
- Please ensure hands are thoroughly cleaned if you or someone else has to attend to the dressing at any time.
- You will have been given an appointment to have the dressings changed. Try and time painkillers so they can be taken one hour before the dressing clinic appointment. This will help to relieve pain during the change of dressing.
- Your child should be able to continue their normal activities, including walking and playing, unless you are advised otherwise by your doctor. However, we usually advise that children and young people do not to return to school/nursery whilst in dressings.

Signs of Infection

Burn and scald wounds often leak and produce wound fluid; this is normal. However, if you notice any of the following then please ring the Burns Unit for advice:

- Excessive wound leakage (the bandages or dressings are saturated with fluid)
- Increasing pain
- High temperature
- Cold hands or feet with a hot body
- Unpleasant odour
- Not wanting to eat or drink/ diarrhoea and vomiting
- Unusually sleepy
- Redness or swelling in the affected area or a body rash
- Flu like symptoms

If any of the symptoms are present then please seek urgent medical advice.

Pain Management

Burn pain can be one of the most intense and prolonged types of pain. There is pain involved in the treatment of burns as the wounds must be cleansed and the dressings changed.

Pain can affect many aspects of a person's life, including sleep, mood, activities and relationships.

To manage pain levels at home, a variety of medicines may be given to be used regularly. These medicines should be taken as prescribed and should keep pain at a comfortable level.

Common medication you may be given include:

- Paracetamol
- Ibuprofen

If the pain becomes unmanageable at home please contact the Burns Unit or your nearest Accident & Emergency department.

Please check the paracetamol content of all medications and beware of overdosing.

For further Information

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