

Patient Information

## Children's Emergency Department



# Burns and scalds- parent/carer discharge information

We realise that burns and scalds are very painful and frightening for both parent and child. The good news is that most burns are superficial and heal on their own. Only deeper burns require further or specialist treatment.

We have applied the appropriate dressing to the burn. Some burns may remain discoloured and red for a long time after healing, but they do eventually fade after several months. The area will remain sensitive.

Deeper burns may scar, and coloured skin may heal with either a darker or paler patch at the site of injury or, occasionally, a raised scar. Serious and unsightly scarring is uncommon.

### What should I do now?

- Keep any dressing clean and dry. Do not remove it until you are seen again. If you do not have an appointment arranged at the hospital, you need to book an appointment within 48 hours with your GP practice nurse for follow-up. If you are unable to make an appointment, contact the Children's Emergency Department.
- Facial burns: Gently wash off any wound fluid that dries to a crust with water and mild soap.
- Elevate the burnt area to prevent swelling. Use a sling if provided for a burnt hand but do not try and force a reluctant child to wear a sling.



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Keep a burnt foot higher than the hip when sitting or lying down.

- For facial burns, prop your child upright with pillows. The swelling should subside after 48 hours.
- Regular gentle exercise of the joints which are within the burnt area will prevent stiffness. Make a fist with your hand, circle the foot or ankle.
- Attend any appointments made for your child, even if the burn is getting better.
- Take extra care of the injured area in the sun. Injured skin will burn much easier and may be more sensitive than skin that has not been damaged. For the first year keep the area covered and out of the sun. Remember to frequently apply high factor sun cream to your child's face and body.

### **What medicines can I give to my child / adolescent?**

- Burns are very painful; give your child analgesia (pain relief).  
Paracetamol and/or ibuprofen (if appropriate) to be given.  
Paracetamol 4 – 6 hourly, last given at.....  
Ibuprofen 6 – 8 hourly last given at .....

### **Return to school / activity**

You need to inform the school / college that your child has sustained a burn / scald and may need to refrain from certain activities to ensure complete recovery.

### **When should I seek medical advice?**

- Your child develops a high temperature, rash, diarrhoea, vomiting.
- Your child is very sleepy, not eating and drinking and not passing urine.
- Pain is not controlled or increases despite painkillers.
- A strong smell develops, or the dressing turns green.
- The dressing falls off, is too tight, becomes wet or wound fluid leaks through.

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### For further advice/information:

- Call NHS 111 (24 hours a day)
- Contact your GP
- Contact the Paediatric Department on 024 7696 6934

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6921 and we will do our best to meet your needs.

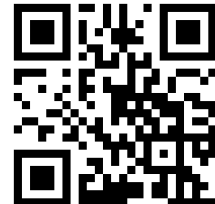
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