

Emergency Department

Burns

Introduction

Although many burns are superficial (surface layers only) and heal on their own, deeper ones require further treatment. We have applied the appropriate dressing to the burn.

Some burns may stay discoloured for a long time after healing and some may scar. If you are concerned about this, please ask for further information before you leave.

What should I do now?

- Keep the dressing clean and dry. Do not remove it until you are seen again;
- Raise the burnt area and use painkillers as advised for your pain;
- Regularly and gently exercise the joints which are within the burnt area;
- Attend any appointments made for you, even if your burn is getting better.

Once you are discharged and dressings are no longer needed:

- Protect the burnt area from sun exposure with sun screen for a few months;
- Massage the burn with simple moisturising e.g. E45 cream if it feels or looks dry.

Contact your GP or local Urgent Treatment Centre/ED if:

- The dressing becomes wet and remains so, for whatever reason;
- A strong smell develops;
- Pain increases despite painkillers or you develop a fever.



Patient Information

For further advice/information

Call NHS 111

Contact your GP

Finally, before you leave, please speak to a member of staff if:

- You think you need more advice or treatment for any pain or symptoms
- You need further advice about medications or instructions you have received
- You have any other emergency issues which still need to be looked into

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 02476966200 and we will do our best to meet your needs.

The Trust operates a smoke free policy

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

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