

EMERGENCY DEPARTMENT AND MINOR INJURY UNITS

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LOOKING AFTER YOUR BURN

Your burn has been dressed today to protect it from germs and further damage. You may be asked to attend your practice nurse at your GP surgery or the Emergency Department so we can check the burn and re-dress it. If the dressing gets wet or falls off it will need to be changed by your practice nurse, or if unavailable re-attend the Emergency Department for a dressing change. Most burns will heal in around 10 to 14 days. Below are some handy Dos and Dont's when looking after your burn.

Do

- Keep your dressing clean and dry
- Attend A&E or your GP if the burn begins to smell or becomes more painful
- Take painkillers as advised by your doctor eg: Paracetamol or Ibuprofen which are available over the counter
- Protect the area from the sun once healed (cover with a t-shirt or sunblock)

Don't

- Remove your dressing until advised by your doctor or nurse
- Cover your burn with jewellery/watches
- Burst any blisters that form
- Apply any creams/lotions until the burn has healed

Toxic Shock Syndrome

Toxic shock syndrome is a **rare** but life-threatening infection caused by bacteria, which can enter the body through damage in the skin, i.e a burn. Although serious, Toxic Shock Syndrome is easily treated. If you develop any of the following symptoms you should seek medical help immediately:

- Fever (>38 degrees celsius)
- Nausea or vomiting
- Flu-like symptoms: headache, cough or sore throat
- Fainting or dizzy spells