

Children's minor burns- advice leaflet

Looking after your child's burn

Dressings

- Your child's burn has been covered with a dressing which aims to keep the burn clean and dry and help prevent infection.
- It is important that you keep the dressing on.
- If it gets wet, becomes stained from oozing, smelly or loose, it will need to be changed. This can be arranged by first contacting your GP Practice Nurse or if an appointment is not available, re-attend the Emergency Department.

Pain

- Most children do not have much pain once the dressing is on
- If the burn is still painful, give your child paracetamol (eg calpol™) and/or ibuprofen (eg junofen™) as directed by the bottle.
- Seek medical advice if the burn becomes more painful.

Itch

- This can be made worse by overheating- try not to overdress your child especially at night.
- Ensure that fingernails are trimmed to prevent damaging the skin further by scratching.
- An antihistamine medicine may help with the itch, see your GP or local pharmacist for advice.

Follow up

- You may have been asked to return to the Emergency Department or attend your Practice nurse for review. It is wise to give a dose of painkiller prior to attending.
- Bring your child back to the Emergency Department **immediately** in the event of any of the following:
 - Fever (more than 38.5°C)
 - Nausea or vomiting
 - Diarrhoea
 - Red skin rash
 - Confusion/ Drowsiness

As these symptoms may indicate an infection related to the burn injury called toxic shock syndrome.

Once the dressing is removed

The healing skin will be dry and flaky and we advise you apply un-perfumed moisturiser (eg E45) twice daily. Never apply to broken/ weeping skin.

Long term management

Skin which has been burned is at greater risk of damage from the sun. Try to cover exposed areas or apply sun block to the area of previously burned skin.

Most minor burns heal without difficulty in 10-14 days. If you are worried contact either your own GP or the Emergency Department on RAH 0141 314 7411, IRH 01475 633 777.

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