

How to Manage your Burn

What is a burn?

- A burn is an injury that is caused by thermal, chemical, electrical, or radiation energy.
- A scald is a burn that is caused by contact with hot liquid or steam. The term 'burn' is often used to include scalds.

Dealing with pain

You can take paracetamol or ibuprofen to help with the pain from small burns.

If you are on other medications, check with your doctor before taking other types of painkiller. You doctor may give you stronger painkillers if necessary.

Keeping appointments

It is very important that you keep any follow-up appointments that have been made for you, as burns can get worse over time.

Find out who you should contact for advice in between appointments.

Managing your wound

Your nurse will explain how to look after your dressing and will tell you if you can get it wet. It is important that you follow these instructions.

Burns often weep. This is normal, but you should watch for infection. Some signs of infection are:

- A change in the smell of the wound.
- More pain or weeping.
- Pain that feels different to normal.
- Feel generally unwell.

Report any of the above signs to your doctor or nurse.

Blisters

Do not burst your blisters. Your nurse will assess this and decide if it is necessary.