

## General Information for burns/scalds

You have sustained a superficial burn to your skin. These can be extremely painful and will cause discomfort.

Burns cause the area to become red and the skin itself may blister. Do not worry about this redness, as it will subside. Generally superficial blistering does not scar and heals well.

During your treatment the skin from a broken blister may need to be removed if it interferes with the healing process, otherwise we leave the skin in place and drain the fluid from the blister. On occasions we may apply Flamazine ointment to the burn. This may cause discolouration to the skin. **This is normal and not permanent.**

## Danger signals and what to do

All burns produce a fluid, which may well soak through the dressing. This should not be offensive smelling.

It is important that you observe for any **infection**. If your wound becomes **offensive smelling, red, swollen, and sore**, seek advice from your GP as soon as symptoms start.

Due to the type of burn/scald you have sustained you may be asked to return to the Burns and Plastic dressing clinic here at the Leicester Royal Infirmary. You should be contacted with an appointment, however if you have any queries before your appointment please contact them on Tel no. 2585358.

## **Do...**

- Take regular tablets for pain. It is advised that you take a combination of Paracetamol two tablets, (1g) four times a day and Ibruprofen two tablets, (400mg), three times a day. These tablets are suitable for most people, if you are unsure please read the leaflet provided with the tablets or ask a Pharmacist.
- See the nurse at your doctor's surgery if your dressing becomes wet, smelly or heavily soiled.
- Apply a moisturising cream to the affected area for the first 3 weeks after the burn has healed.

## **Do not...**

- Worry, the healing time of a burn or scald is dependent on how big the burn is and its depth, so be patient.
- Allow the affected area to come into contact with the sun in the first year. The damaged skin is very sensitive to the sun's rays and may blister even if exposed to mild sunshine. For the first year, avoid sunshine to the affected area. For the second year use a high factor sun cream and keep out of the sun if any redness or blistering occurs.

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If you would like a written or taped translation of this information please contact, Service Equality Manager on 0116 2584382.

আপনি যদি এই লিফলেটের অনুবাদ - লিখিত বা অডিও টেপ এ চান, তাহলে অনুগ্রহ করে সার্ভিস ইকুয়ালিটি ম্যানেজার ডেভ বেকার'এর সাথে 0116 2584382 নাম্বারে যোগাযোগ করুন।

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la xirii, Maamulaha Adeegga Sinaanta 0116 2584382.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਲੀਫਲਿਟ ਦਾ ਲਿਖਤੀ ਜਾਂ ਟੇਪ ਕੀਤਾ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਡੈਬ ਬੇਕਰ, ਸਰਵਿਸ ਇਕੁਅਲਿਟੀ ਮੈਨੇਜਰ ਨਾਲ 0116, 2584382 ਤੇ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو اس لیفلٹ کا تحریری طور پر یا ٹیپ شدہ ترجمہ درکار ہو تو برائے مہربانی سروس ایکواٹیٹی مینجریٹو سے ٹیلیفون نمبر 0116 2584382 پر رابطہ قائم کریں۔

ਜੇ ਤਮਨੇ ਆ ਪਤ੍ਰਿਕਾਨੂੰ ਲੇਖਿਤ ਅਥਵਾ ਟੇਪ ਉਪਰ ਆਪਾਨਰ ਜ਼ੋਰਨੂੰ ਛੋਖ ਤੇ ਮਠੇਰਆਨੀ ਕਰੀ ਤੇਯ ਖੇਕਰ, ਸਰਵਿਸ ਈਕੁਅਲਿਟੀ ਮੈਨੇਜਰ ਨੇ 0116 2584382 ਉਪਰ ਸੰਪਰਕ ਕਰੋ.

यदि आप को इस लीफ़लिट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डैब बेकर, सर्विस ईक़्वालिटी मैनेजर से 0116 2584382 पर सम्पर्क कीजिए।

General discharge information  
about

# Burns

Emergency Department  
Leicester Royal Infirmary  
Telephone: 0116 258 5647