

# Care after a minor burn injury

Emergency Department

Information for Patients

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## General advice for burns/ scalds

You have a minor burn to your skin. This can be very painful but these usually heal well, without scarring.

You may have had blistering and the top layer of skin removed (de-roofing) while in hospital. This allows the depth of the burn to be checked and the dead skin is removed. This helps reduce infection risk, aids movement and healing. The pain from burns settles as they heal.

## Normal symptoms

Burns produce a fluid that is a clear yellow colour. You will notice this on your dressings. This is a normal part of burn healing.

Burns cause the area around them to become swollen. If the burn is on your hand your whole hand may be swollen.

## When do I need to see my GP or call 111?

- If your burn increases in swelling, pain, or redness quickly
- Or your dressings become smelly, or the fluid on the dressings changes colour quickly

## When do I need to return to the Emergency Department?

- If you have a high temperature or start feeling unwell
- Develop a skin rash
- Have diarrhoea or are being sick

Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)



## Do

- Take painkillers regularly. Do not let the pain get too bad before taking them. Paracetamol and/or ibuprofen can be helpful. You can buy these from the pharmacy. Instructions on use are on the packet. If you are taking other medicines from your doctor, please talk to a pharmacist before taking any over-the-counter medicines
  - Dressings need to be kept clean and dry. Getting them wet may delay healing, increase infection risk and cause the skin to break down
  - If the burn is on an area that can be raised, we advise keeping it raised as much as possible, above the level of your heart. This can help reduce swelling and discomfort for the first 3 days
  - After the burn has healed apply a plain moisturising cream to the affected area for the next 3 weeks
  - Keep the joint above and below the burn moving. They can become stiff due to swelling
- You will need to make an appointment with the practice nurse at you GP's in 3 days for wound review
- You will need to ring the Single Point Access (SPA) 0300 300 7777 to make an appointment in 3 days for wound review

## Do not

- Expect your burn to heal immediately. The healing time of a burn or scald depends on many factors. These include how big the burn is and the depth
- Allow the area to come into contact with the sun in the first year as the damaged skin is very sensitive. For the first year avoid sunshine to the affected area. For the 2nd year use a high factor sun cream and keep out of the sun if any redness or blistering occurs
- Smoke, It can delay healing

## Contact details

Injuries Unit, Emergency Department, Leicester Royal Infirmary

0116 258 5727

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على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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