



## Minor Burns & Scalds

Depending on how serious a burn is, it may be possible to treat it at home.

### Managing your condition

For minor burns, keep the burn clean and don't burst any blisters that form. Drink plenty of non-alcoholic fluids following your injury.

### How do I treat?

- Cool the burn with cool or lukewarm running water for 20 minutes – don't use ice, iced water, or any creams or greasy substances such as butter
- Remove any clothing or jewellery that's near the burnt area of skin, including babies' nappies - but don't move anything that's stuck to the skin
- Keep your wound covered with a non-stick dressing until it heals
- Take simple over the counter pain relief e.g. Paracetamol, Ibuprofen
- If your burn is over a joint, keep the injured parts moving several times a day. This is to prevent stiffness and tightening of the new skin

### When should I seek advice?

More serious burns require professional medical attention. You should go to a hospital A&E department for:

- **all chemical and electrical burns**
- **large or deep burns** – any burn bigger than your hand
- **burns that cause white or charred skin** – any size
- **burns on the face, hands, arms, feet, legs or genitals that cause blisters**

If someone has breathed in smoke or fumes, they should also seek medical attention. Some symptoms may be delayed and can include:

- coughing
- a sore throat
- difficulty breathing
- facial burns

People at greater risk from the effects of burns, such as children under five years old and pregnant women, should also get medical attention after a burn or scald.

For minor burns and scalds seek further medical attention if the following occurs;

- The burn hasn't healed or there are still blisters after 2 weeks
- The wound becomes **hot, red** or **swollen**, as this may indicate that the wound is infected

### More information is available at the following websites

- NHS Choices - [www.nhs.uk](http://www.nhs.uk)
- Stay Well Derbyshire – [www.nhsstaywellerbyshire.co.uk](http://www.nhsstaywellerbyshire.co.uk)
- Or visit your local pharmacy for advice