



EMERGENCY DEPARTMENT ADVICE ON 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. So it is important to 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.

Pain

- Most children do not have much pain once the dressing is on. If it is still painful, give your child paracetamol (e.g. calpol™) and/or ibuprofen (e.g. Nurofen™ for children) 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 at night
- Ensure that fingernails are trimmed to prevent further damage by scratching.
- An antihistamine medicine may help with the itch, see GP or pharmacist for advice.

Follow up

- Follow up will be arranged in one of two ways at the time you first come to see us:
 - Community children's nurse team will visit your home in a few days to change the dressing. (make sure we have correct address and phone number for you)
 - Appointment given for specialist burns clinic in outpatients at the Royal Hospital for Children (RHC) Glasgow. They will phone you the day before your clinic appointment.

Complications

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 you no longer require dressings

The healing skin will be dry and flaky and we advise you apply un-perfumed moisturiser (eg E45) twice daily. Never apply to raw / 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 Royal Hospital for Children (RHC) Glasgow Emergency Department on (0141 452 4603)