

Burns Advice

REMEMBER to give your child their Paracetamol and Ibuprofen an hour before their appointment time, otherwise this may delay their treatment.

Child's name:.....

Hospital number:.....

Consultant name:.....

Discharging nurse:.....

Medication for Pain

Paracetamol (do not exceed 4 doses per day):

Last given:..... next due:.....dose:.....mg
every 4-6 hours.

Ibuprofen (no more than 3 doses per day). Dose as per instructions label on the bottle **if required**.

Paracetamol and Ibuprofen may be given together if required and enough time has passed since the last dose.

Care of dressings

Dressing and/or bandages will have been placed over your child's wound. This dressing must be kept in place until your next appointment.

It must be kept clean and dry to prevent infection getting into the wound.

If it gets wet, very dirty or falls off please attend your local Emergency Department immediately for a new dressing to be applied.

Itch

It is very common for burns to itch (pruritus) as they are healing, and scratching can lead to problems with sleep, wound healing, infection and damage to newly healed skin.

If you notice itching, please give Chlorphenamine (Piriton) to keep itch under control. **Dose as per instructions label on the bottle.**

Movement

It is important for your child to keep moving after a burn injury as it is not unusual for them to become stiff and the injured area to feel 'tight'.

Ensure your child has adequate pain relief to be able to move as much as possible.

Dose as per instructions label on the bottle.

If you have any concerns regarding their movement please return to the Emergency Department to be reviewed.

Infection prevention

Sometimes scald/burn wounds can get an infection called Toxic Shock Syndrome (TSS) or Sepsis. The symptoms of these illnesses are listed below.

- High temperature
- Rash across legs/tummy
- Diarrhoea and/or vomiting
- Lethargic
- Refusing food/bottles.

If your child begins to show these symptoms, please seek medical attention immediately.

They may ask you to attend your local Emergency Department immediately so they can assess your child. Please come prepared for the possibility your child may need to be admitted.

Food to Help Healing

It is important to encourage your child to eat a healthy, high protein diet to help the wound to heal.

We advise that you increase the dairy foods or dairy substitutes you offer your child.

If your child is not eating as normal please ask the GP or call 111 for advice.

Plan for next dressing changes:

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Date	Day	Time	Place

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Patient Experience Team

The team are available to help with any concerns, complaints or questions you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059.

Email: dbth.pals.dbh@nhs.net

[Emergency Department](#)
