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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने तुम्हें उचित ही सेवा देना है। आपसे बात करने के लिए हमें 01932 723553 पर कॉल करें।

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Burns and Scalds

Advice for Patients

Burns and Scalds

Most burns and scalds are superficial or partial thickness burns to the skin. Although, in the initial stages, blisters may appear, the burn will usually heal with no permanent scarring, although it may take several months for the scar to fade completely.

TREATMENT

- Superficial and partial thickness burns to the limbs or body will be covered with an appropriate dressing.
- Burns to the hands and feet may be treated using antiseptic cream and covered by a plastic bag. This is to allow freedom of movement for the hands and feet, therefore preventing stiffness. This treatment causes the skin to become white and soggy. This is normal and will settle once the limb is removed from the bag.
- The burn should be reviewed regularly by the practice nurse at your local GP surgery. The nurse looking after you will advise you about when to attend but you will need to book the appointment for this yourself.

POINTS TO REMEMBER

- Keep the dressing clean and dry.
- If the wound is painful, take pain killers regularly if prescribed.
- Elevate the affected limb when possible to help relieve discomfort.
- Leave the dressing alone until your next follow up appointment.
- Seek medical advice prior to your appointment if:
- After initial improvement, you experience increasing pain.
- Fluid seeps through the dressing.
- The dressing becomes accidentally wet.
- You develop a high temperature; feel unwell, feverish or lethargic.

ADDITIONALLY

Any burn to the skin will always cause that area of skin to be more sensitive especially to heat sources including the sun. Therefore:

- Make sure that the burn area is not exposed to sunshine for the first year as it will be very sensitive and may blister.
- Use a high factor sun block (SPF 25 or above) on the burn area in the second year when you are in the sunshine.
- Keep out of the sun if the burn area goes red or blisters.

Should you require further advice or assistance please telephone **01932 722025** for Accident & Emergency at St. Peter's Hospital.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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