



If you need this information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk.

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Author: Amy Johnson
Role: Ward Sister,
Date written: July 2013
Last revised: June 2016
Review date: July 2019
Version: 1.1
Code: PI1123

Quick tips for looking after your child after a burn injury

1. Try to keep your child's dressings as clean and dry as possible!
2. Watch out for signs of infection:
 - high temperature
 - rash
 - vomiting and/or diarrhoea
 - redness around the burn
 - increased pain
 - fluid oozing on to the bandage.



If you notice any of these signs, contact the Burns Unit (01722 345507)

as soon as possible. You may need to seek medical help urgently.

3. Make sure your child eats a balanced diet. High protein foods are particularly beneficial for wound healing, e.g. milk, eggs, meat, cheese.
4. Help your child do their exercises as instructed by the physiotherapist.
5. Give your child painkillers as instructed e.g. Calpol (paracetamol) and/or Ibuprofen
6. When your child's burn has healed, moisturise and massage the healed skin 2 - 3 times a day and protect the area from the sun with plenty of high factor sun cream.
7. Stay positive! Aim to get back to normal daily activities as soon as possible.

Any questions? Call the Burns Unit ☎ 01722 345507

Paediatric Burns Outreach Nurse ☎ 07713 083239

Useful websites

www.bugssalisbury.co.uk

www.changingfaces.org.uk

www.burnsurvivorsassociation.com

www.dansfundforburns.org

www.katiepiperfoundation.org.uk

Burns Unit
01722 345507