



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
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Quick tips for looking after your burn (adults)

1. Keep your dressings clean and dry.
2. Watch out for signs of infection:
 - redness around the burn
 - increased swelling of the affected area
 - increased pain
 - fever
 - feeling generally unwell
 - fluid oozing on to the bandage.
3. Elevate limbs to reduce swelling.
4. Eat a balanced diet. High protein foods are particularly beneficial for wound healing, for example milk, eggs, meat and cheese.
5. Do your exercises as the physiotherapist has instructed.
6. Take your painkillers as instructed.
7. When you have healed, moisturise and massage the healed skin 2-3 times a day.
8. Stay positive! Aim to get back to normal daily activities as soon as possible.



Any questions? Call the Burns Unit on ☎ 01722 345507.

Useful websites

www.bugssalisbury.co.uk

www.changingfaces.org.uk

www.burnsurvivorsassociation.com

www.dansfundforburns.org

www.katiepiperfoundation.org.uk

The Burns Unit
01722 345507