

Caring for your burn or scald

Emergency department Patient information

Keep your burns dressing clean and dry - if it gets wet you will need to get it replaced.

Watch out for signs of infection - these would include:

- redness around the burn
- increased swelling
- increased pain
- fever
- feeling generally unwell
- any fluid oozing through the dressing
- vomiting/diarrhoea

Please see your GP or return to the Emergency Department (ED) if you develop any of the symptoms above, or develop a rash.

You should elevate the limb to help reduce any swelling. If it is painful then you should take some over the counter painkillers.

Make sure you eat a good diet rich in protein (like eggs, milk, cheese) as this is good for healing.

Newly healed skin is very sensitive to the sun, so ensure that you keep the area covered or use sun block for the first year after a significant burn.

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