Burn Care Instructions

Your skin is a natural barrier to infection. It is the largest organ of your body. Because of your burn, this natural protection has been damaged. To help prevent infection, it is very important to follow these instructions in the care of your burn.

YOUR BURNS ARE:

☐ First degree - only erythema or redness of skin. No scarring expected.
☐ Second degree - blistering of skin. No scarring expected.
☐ Third degree - destruction of all layers of skin, scarring expected. Depending on size it may require grafting. Grafting is adding a layer of healthy skin taken from another area of your body.

HOME CARE INSTRUCTIONS

- Wash hands well before changing your bandage.
- Change the bandage 3 times per day, or as instructed by your caregiver.
  - Remove old bandage. (If bandage sticks to burn you may soak it off with cool, clean water).
  - Cleanse thoroughly but gently with mild soap and water.
  - Pat dry with a clean, dry cloth.
  - Apply a thin layer of anti-bacterial (germ) cream to the burn.
  - Apply clean bandages as shown to you in the Emergency Department or by your caregiver.
  - Keep dressing as clean and dry as possible.
- Elevate affected area (such as hand or foot) for the first 24 hours, then as instructed by your caregiver.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop excessive pain.
- The burned area develops increased redness, tenderness, swelling, or red streaks near the burn.
- The burned area develops pus or a foul odor.
- You develop an oral temperature above 100.4° F (38° C), or as your caregiver suggests.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 12/18/2006 Document Re-Released: 11/30/2009
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