

Children's Burns Trust
www.cbtrust.org.uk

Giving help and support to those who have suffered a burn injury. This is based in the Burns Centre at Birmingham Children's Hospital. Please ask if you would like more information.

Data Protection - Looking after and sharing information about your child

We have a duty of care to help patients and families understand how information about them is kept and shared and we include the following information in all our patient leaflets:

Information is collected about your child relevant to their diagnosis, treatment and care. We store it in written records and electronically on computer. As a necessary part of that care and treatment we may have to share some of your information with other people and organisations who are either responsible or directly involved in your child's care. This may involve taking your child's information off site. We may also have to share some of your information for other purposes; such as research etc. Any information that is shared in this way will not identify your child unless we have your consent. If you have any questions and/or do not want us to share that information with others, please talk to the people looking after your child or contact PALS (Patient Advice and Liaison Service) on 0121 333 8403.

This information has been produced by the Emergency Department.

Support our Emergency Department


Birmingham
Children's Hospital
Charity
Doing more for sick kids

With up to 200 children coming to our Emergency Department every day, with everything from broken toes to severe road traffic injuries, there can be a bit of a wait. With your help, we can continue to provide books, toys and activity packs to keep children occupied and distracted during any waits and throughout their treatment journey.



Text
GIVE2ED to
70111 to
donate **£3** to
show your
support.

Standard rates apply. Registered Charity Number 1160875

bch.org.uk/donate

NHS

Birmingham Women's
and Children's
NHS Foundation Trust

Advice Sheet for

Burn Injury

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CPADS: 49359



By your side

Information for Parents: Looking after your child's burn injury at home

The information in this leaflet will help you to manage your child's burn injury at home.

If your child becomes unwell

If your child shows any of the following symptoms please phone for advice. You may need to come back to the hospital:

- A high temperature.
- A rash.
- Diarrhoea and vomiting.
- Very sleepy.
- Off food and drink.
- Not passing urine.

Helping your child cope with pain

Burns can be very painful. It is important to give your child regular paracetamol every 4-6 hours. Please check the dose on the bottle carefully. You will be able to discuss the different kinds of pain relief with the nurse before you go home.

Care of the dressings

Dressings have to be put on to protect the burn. Please leave the bandages in place until you return to hospital for your follow-up appointment. You will need to ring the Emergency Department if any of the following things happen before your clinic appointment.

- The bandage becomes loose or falls off.
- The bandage is too tight.
- The bandage becomes wet or the wound fluid leaks through the dressing.

- Your child has pain that is not relieved by paracetamol.
- The bandage becomes smelly or looks green.

Exercise to reduce swelling

The area that has been burned will become swollen. Exercise will help to reduce the swelling and stop the burned area getting stiff.

- Hand and arm burns – Stretch the hand and make a fist at least every hour. When your child is resting, the hand should be higher than the elbow.
- Leg and foot burns - move the ankle and toes around. When your child is sitting or lying down, the foot should be higher than the hip.
- Facial burns – up to 48 hours after the injury the face may swell. This is normal and the swelling will go down in the next day or two. When your child is lying down you can use pillows to prop him/her up. This will help to stop the face from swelling too much. Sometimes the wound fluid will dry leaving a crust on the skin. This can be gently washed off with mild soap. It looks more alarming than it really is!

Foods to help recovery

To help fight infection and to help the skin heal, your child will need to eat more protein and vitamins.

- Protein can be found in foods such as:
- Meat
- Fish
- Cheese
- Eggs
- Milk/custard/yoghurts
- Ice cream

- Vitamins – encourage your child to eat fresh fruit and vegetables.
- It is important to drink more milk and water than normal.

Longer term care following a burn injury

- Burn injuries that take 2 weeks or more to heal may leave a scar.
- At first, the area that has been burned will be red and itchy.
- Wash the area and massage with an unperfumed moisturising cream. This helps to stop the itching and heal the scar.
- Remember to always wash the area to help stop the grease from building up before you apply more cream.

Care in the sun

The skin may be sensitive after the burn. It is important to keep the area covered and out of the sun for the first summer after the injury. It will burn much easier than skin that hasn't been damaged. Remember to regularly apply high factor sun cream over the whole of your child's face and body. Use at least factor 25.

Support groups

Changing Faces
The Squire Centre, 33-37 University Street, London WC1E 6JN
Support and Advice helpline: 0300 012 0275
General Enquiries: 0845 4500 275
Email: info@changingfaces.org.uk
Web: www.changingfaces.org.uk

Changing faces is a national charity based in the UK that supports people who have disfigurements of the face or body from any cause.