

Burns can be caused by heat, chemicals, electricity or hot liquids. A scald is simply a burn caused by something wet. The skin is the normal barrier to infection, so you must follow these instructions to avoid getting infection through the damaged skin.

First aid

- Remove any hot clothing (e.g. soaked in hot liquid or if it has been on fire).
- Run the burned area under a cool tap (tepid, rather than very cold) for up to 20 minutes immediately. Avoid getting the whole patient cold, especially if they are a young child or elderly.
 - This treatment has been shown to reduce the size and depth of burns even when started 2-3 hours after the burn happened.
- Cover the burn and seek medical help.

Hospital treatment

- Blisters should be removed during your first visit if possible, so that the depth of the burn can be properly assessed, and the base of the burn will be in contact with the dressing. Sometimes this cannot be done until your second dressing, but if you are concerned then you should speak to the doctor or nurse treating you.
- Please keep any dressings clean and dry. Do not disturb them.
- Take painkillers regularly.
- Rest and elevate the affected limb.

Arms should be elevated so that the affected area is above the shoulder when you are sitting, and may need to wear a sling when you are mobile. Legs should be elevated so the heel is above the level of the hip when you are sitting or lying down.

Facial burns are often left open to the air, with soft paraffin ointment applied to the skin. You should reapply this after washing the face with unperfumed soap morning and night. **Do not smoke** if you have paraffin ointment on your face as it is flammable.

Flamazine bag dressing

Flamazine is a white cream often used for the first few days after a burn to the hand. The hand is then placed in a plastic bag. If you have had your hand dressed with this you can expect fluid to collect in the bag. The skin will look pale, wrinkled and may become loose or blistered. Do NOT puncture the bag.

After discharge

You should attend the Emergency Department / your practice nurse for redressing in _____ days.

- The skin will be pink for several weeks, and will remain very sensitive to the sun for 1-2 years afterwards. You must apply high factor sun cream (e.g. factor 50) in even mild sunshine.
- Once the skin is dry you should moisturize the skin 2-3 times a day until fully healed.
- Protect the affected skin from the cold as it can be quite painful.
- Itching can be helped by cool baths, staying in a cool atmosphere and wearing cotton clothes.
- Sometimes the colour of skin can be either darker or lighter than the original skin colour when a burn has healed. If this happens and causes you concern, please talk about it with your GP.

If you have any problems, or for further advice please telephone:

- Your GP
- NHS 111 on 111, or 111.nhs.uk
- Emergency Department on 01535 294481

Notes:

Are you a victim of Domestic Violence? For confidential advice, contact:

Bradford	0808 2800 999	https://www.stayingput.uk.net/contact
North Yorkshire	03000 110 110	https://www.idas.org.uk/
Lancashire	0300 323 0085	https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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