

Patient information

Care of a Burnt/Scalded Hand

Emergency Care – Royal Liverpool Hospital

- The plastic bag on your hand is a very important form of treatment as it prevents the burn / scald from getting infected and allows you to exercise your fingers. It will be left in place for 24 – 48 hours depending on how severe the burn is.
- You must not remove the bag.
- Do not worry if the skin on your fingers and hand becomes white, wrinkled and blistered. This is to be expected, and towards the end of your treatment the appearance of your hand will slowly return to normal.
- It is usual for fluid to collect within the bag and although this may be uncomfortable, please do not open or remove the bag.
- It is very important to exercise your fingers within the bag even though they may feel painful and stiff. This should be done for five minutes every hour by clenching and unclenching your fists.
- If it is painful you can take Paracetamol or an alternative mild painkiller (check manufacturers instructions).
- It is important that you keep further appointments. You will probably be seen every three days but this will depend on the type of burn you have.
- If your hand becomes more painful, swollen or you are worried at all, please contact your family doctor (GP) surgery or walk-in centre.

The time your hand will take to heal will depend on the severity of the burn.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

If you need any further information please contact the Emergency Department

Tel: 0151 706 2000 Ext 2060/2065

Text phone number: 18001 0151 706 2060 / 2065

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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