

## Patient information

### Minor Burn Injuries

#### Emergency Care – Royal Liverpool Hospital

Minor burns come in two types, which are known as superficial and partial thickness.

- **Superficial burns** involve the first layer of skin called the epidermis. The skin is red, dry, intact (not-blistered) and painful.
- **Partial thickness burns** involve the second layer of the skin called the dermis. They may present as painful, red, blistered areas, which become moist as the blisters burst.

Minor burns are painful due to the stimulation of pain sensing nerves.

**The following measures can provide symptom-relief:**

**Applying unscented water-based moisturising creams to the burn (only if the skin is not blistered).**

- Applying cold compresses.
- Simple painkillers such as paracetamol / ibuprofen (check manufacturer's instructions).

#### **Management of burns with blistering**

If you have large blisters, these may be aspirated (fluid in the blister is removed with a syringe and needle) but the blister roof (the skin covering the fluid) should be left intact to reduce the risk of infection.

It is very important to keep your burn injury covered to help speed the healing process, reduce the risk of secondary infection and reduce scarring.

It is part of the normal healing process to lose a lot of fluid from your burn. The deeper the burn, the more fluid you can expect to lose.

Your first dressing change will be within 48 hours. After that, we will tell you how often your dressing will need changing.

Unless you are asked to return to the Emergency Department (A&E) for follow up treatment you should visit your Practice Nurse or local Walk-in-Centre for further dressing changes.

## Aftercare

Once blisters have healed all minor burns should be massaged daily with an unscented moisturiser until the burn is no longer itchy (usually around three to six months for partial thickness burns) to reduce the risk of scarring

Use high factor sunblock (factor 30-50) or wear clothing over the affected skin for one to two years to prevent abnormal skin pigmentation (colouring).

## 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

### Emergency Department

Tel: 0151 706 2060

Text phone number: 18001 0151 706 2060

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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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