

This leaflet provides advice and information to help you once discharged from the Burns Unit. Please let us know if you have any other questions and concerns.

Looking after your injury

- Keep your dressings clean and dry: this will help the healing process, and reduce the risk of developing infection.
- If your burns are to your arm, hand, leg or feet, try and keep them elevated (raised) as much as possible: this helps reduce the swelling around the burn area.
- Remember to practise regularly the exercises the physiotherapists have given you.

Eating and drinking

Try to eat well at regular intervals. It is important that you eat plenty of calories as your body needs more than usual to help your burn area heal. We advise you have a diet high in protein, fruit and vegetables. It is very important that you keep your body hydrated by drinking plenty of clear fluids, as you can lose fluid through the burn

Smoking

If you normally smoke, it is important to try and stop. Smoking cigarettes will reduce the amount of time the wound spends healing, putting it at risk of infection. It will mean your burn takes a lot longer to heal.

Follow-up appointments

- You will normally be given an outpatient appointment in our Emergency Burns Assessment Centre (EBAC) for us to change your dressings. You can expect to come back for dressing changes at least once a week
- It is suggested that you take pain relief that you have been advised to take by your doctor, 30 minutes prior to your dressing change.
- If you have been instructed not to return to work, it is important to follow this advice as working could extend the length of time your burn takes to heal. If you have to take time off work as a result of your burn injury, you can self-certificate for one week. If you require further time off work, we will provide you with a fit note or you can speak to your GP

Medication

- If you have been given a letter to take to your GP please drop it in as soon as you can. It will tell him/her what you have had done in hospital and what medications you are taking.
- When the tablets we give you are running low you must go to your GP for a repeat prescription if you need one. Please do this a few days before they run out to ensure that you don't end up without any. We do NOT provide repeat prescriptions.
- At first, please take your painkillers regularly as

prescribed. It is important that your pain is well-controlled on movement as well as when you are at rest. When you feel ready, do not stop taking the tablets suddenly you will need to take the advice of your GP.

It is important to keep your dressing dry and intact. You should expect your wound to ooze. However, if you are unsure about anything or experience any of the following you should contact the Burns Unit:

- The dressing becomes very smelly and starts to leak or ooze more than normal.
- You become unwell; in particular, if you develop a temperature or fever.
- You notice redness around the dressing, or red streaks tracking away from the burn area

Further questions and additional support

Should you have any further questions, please do not hesitate to contact us.

EBAC (Emergency Burns Assessment Clinic)

Tel: 01342 414010

Monday to Friday 9am-4pm

Burns Centre Tel: 01342 414440 / 414417

Inpatients & outside EBAC hours

Department of Psychological Therapy

Tel: 01342 414478

You may contact the department directly to speak with a staff member or leave a message, giving us your name and contact details for a team member to return your call. Alternatively, you may ask a nurse, doctor or other clinical staff member to make the referral for you.

After making an appointment, you will then be seen by a team member for initial assessment to determine your needs.

Please ask if you would like this leaflet in larger print or a different format.

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Burns Centre

Discharge

Information Leaflet

