

## Paediatric Minor Burns and Scalds

### Advice sheet for patients and carers

#### Paediatric Minor Burns and Scalds - Advice Sheet

- The dressing applied to your child's burn has been specifically chosen to help healing and promote comfort
- If the burn sustained is over a joint ensure a gentle full range of movement is achieved as this will help to prevent stiffness
- If your child's burn is on an arm, hand, leg or foot keep the affected area elevated whenever possible. This will help to reduce swelling and improve circulation
- If your child is in pain please give painkillers as recommended
- Ensure your child does not get his/her dressings wet or dirty – this helps to prevent infection
- Your child's dressings should remain undisturbed until your next appointment.

If your child experiences any of the following please ring your GP or the Minor Injuries Unit for advice:

- An increase in discomfort/pain – this may be because the dressing has become loose or uncomfortable
- Fluid seeps through the dressing due to a build up of fluid underneath
- It accidentally becomes wet
- You notice an unusual smell – an infection may be developing
- Your child feels unwell and/or develops a temperature, stops drinking, experiences nausea/vomiting or diarrhoea

The skin of healed burns remains sensitive to temperature changes and extra care should be taken in the sun. Cover the area or use a total sunblock.

Massage the healed area three times a day using circular movements with a non-perfumed moisturiser. Wash off the remnants of the previous cream at least once a day or a rash may occur.

#### Further Information

If you have any queries please contact  
the Minor injuries Unit:

01342 414375



If you'd like to find out how you can support QVH, please visit [www.supportqvh.org](http://www.supportqvh.org)

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