

# How to care for your burn wound/s following discharge

Keep your healed area out of the sun  
or apply a total sun block for at least the next 2 summers  
as newly healed skin burns very easily in hot sun.

## Support

Should you require on-going support following a burn injury links to support groups and charitable organisations can be accessed on the Northern Burn Care Network website: <http://www.nbcn.nhs.uk/patients/useful-links.htm>

Alternatively please feel free to contact the Burns Unit for advice.  
Contact details: 0151 430 1540

If you wish to discuss your wound care please contact the Burn Nurse Specialist on: 0151 430 1540

If you wish to discuss your treatment with a Physiotherapist or Occupational Therapist 0151 426 2243

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Warrington Road,  
Prescot, Merseyside, L35 5DR



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Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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## Dressings

- If you have a dressing on your wound/s please keep this clean, dry and undisturbed until your next dressing appointment / visit from the Community Nurse
- Please ensure hands are cleaned thoroughly if you or someone else needs to touch your wound at any time
- If necessary, please take your painkillers at least 45 minutes before your appointment / visit from the Community Nurse to help your pain relief during a change of dressing
- If you have been given antibiotics to take please finish the course

## Appointments

- Before you go to the Dressing Clinic an appointment will be arranged for you as necessary for either a treatment room visit or a community nurse visit
- You will be given some spare dressings, if you need more further dressings can be prescribed by your GP.

## Contacts

- The correct contact phone numbers for you will be given at your discharge
- Out of hours community nurse contact numbers for your area can be obtained from your GP surgery.

## Exercises

- If you have been given exercises it is **very important** that you continue to do them as you were shown.
- To aid comfort try keeping any burns to hands, arms or legs raised on a pillow. This will help the blood flow, prevent swelling and help with pain relief.

- If you have been given a splint to wear it is **very important** that you carry on wearing it as you were shown. It will help you in the future with your hand movements.

## Problems

Please contact the Burn Unit if you have any of the following:

- Very swollen hand/s or legs/s
- Pain that is not relieved by taking your pain killers
- Pins and needles or numbness in your hand/s
- Bleeding that will not stop after applying gentle pressure
- Any redness which feels hot to the touch and goes past the end of the dressing
- You feel generally unwell
- Have a green/brown smelly discharge coming through the dressing

## Dressing Clinic

You will be given an appointment to attend dressing clinic.

It is very important that you keep this appointment

Please contact the clinic straight away on 0151 430 1540 if you will not be able to keep your appointment.

If an ambulance has been arranged for you to return to the dressing clinic, please be ready at least 2-3 hours before your appointment time. This is because ambulances sometimes collect patients early and cannot wait for you to get ready.

## Aftercare

The nurse in dressing clinic will inform you when your wound/s is/are completely healed. Once completely healed you can begin to wash the areas with a mild non-perfumed soap and pat dry with a clean towel. You will be shown how to massage the area twice a day with a moisturising cream.