# Caring for your child's burn

**You have been given this advice because your child has attended with a burn or scald. If you have any questions, please speak to the nurse or doctor looking after your child.**

## Looking after the dressing

- You can wash your child but be careful not to get the dressing wet. Avoid baths and showers.
- If your child is in nappies, make sure you do not soil the dressing during changing.
- Your child can play as normal but make sure they do not get the dressing wet or dirty.
- Your doctor will arrange a dressing change, and give you instructions on where and when this will happen.

## What to look out for

It is normal for some fluid to leak from the burn or scald for the first 24 to 48 hours, however you should look for signs of infection, including:

- increased redness around the wound area
- warm to touch around the wound area
- swelling around the wound
- oozing, especially with a bad smell or pus present
- your child develops a high temperature (over 38C)
- your child is being sick (vomiting) or has diarrhoea

**If you notice any of these, get advice from your GP, NHS 111 or your nearest Emergency Department (A&E).**

## Pain relief

At first your child might need regular painkillers. Use paracetamol and/or ibuprofen as instructed on the packets. If your child has a pre-existing medical condition, please speak to a doctor or nurse for advice about pain relief.

## Prevention advice

Hot drinks are the leading cause of burns and scalds in young children. A burn can be caused by dry heat like fire, hot iron, and exposure to the sun. A scald can be caused by contact with wet heat, such as steam or a hot cup of tea. The longer the burning goes on for, the worse the injury will be. You should try to cool the burn as quickly as possible.

- Apply cool running water for 20 minutes.
- Give pain relief and seek medical advice through your GP, NHS 111 or the Emergency Department (A&E).
- Apply cling film loosely (do not wrap around tightly) to the burn until the injury is seen by a healthcare professional.
- Do not put any creams or gels on the burn as these can cause damage and increase the risk of infection.

## NHS 111

NHS 111 is a telephone service that offers support and advice 24 hours a day. Please call 111 if you have concerns about your child's health. A fully trained advisor will direct you to appropriate resources or services.

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### Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **tel:** 020 7188 3003, Monday to Friday, 10am to 5pm, **email:** letstalkmedicines@gstt.nhs.uk

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **tel:** 020 7188 8801, **email:** pals@gstt.nhs.uk. To make a complaint, contact the complaints department, **tel:** 020 7188 3514, **email:** complaints2@gstt.nhs.uk

### Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch, **tel:** 020 7188 8815, **email:** languagesupport@gstt.nhs.uk

### NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, **tel:** 111, **web:** www.111.nhs.uk

### NHS website

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing, **web:** www.nhs.uk

### Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch, **tel:** 0800 731 0319, **email:** members@gstt.nhs.uk, **web:** www.guysandstthomas.nhs.uk/membership

**Our values:** Put patients first | Take pride in what we do | Respect others | Strive to be the best | Act with integrity