

Burn Care

Know how to care for your burn to prevent infection. Make sure you:

- Keep the burned area raised above the level of your heart.
 - Keep the bandages clean and dry.
 - Change the bandages each day. Follow these steps:
 1. Wash your hands well with soap and water before touching your burn or bandages.
 2. Remove the old bandages and throw them away. If the old bandages stick to the burn, soak them off with warm water. **If you have a long term dressing such as Mepilex Ag**, remove the outer bandage only. The Mepilex Ag dressing should remain in place for one week. **Do not get this dressing wet.**
 3. Clean off the old cream or ointment with a clean washcloth wet with warm water and a gentle soap or baby shampoo. Try not to break blisters. **If you have a Mepilex Ag dressing, skip this step.**
 4. Wash your hands again.
 5. Apply cream or ointment if checked (✓):
 - Apply silver sulfadiazine (Silvadene Cream) in a thin layer about the thickness of a nickel.
 - Apply _____ antibiotic ointment. Use just enough ointment to make the burn look shiny.
 6. Follow the direction below if checked (✓):
 - Do not cover your burn with a bandage.
 - Use non-stick gauze covered with several layers of dry gauze.
 - Use non-stick gauze over antibiotic cream or ointment then several layers of dry gauze.
 - Other _____
- For burns on hands or feet, always place a layer of gauze between fingers or toes.**
- Gently exercise the area four times a day by bending the joints 10 to 20 times. Gentle exercise helps prevent stiffness.
 - Drink plenty of liquids, at least 10 to 12 glasses a day.

- Eat extra protein found in meat, eggs, fish, chicken and dairy products. Eat foods high in Vitamin C such as fruits, especially citrus fruits, and vegetables. Good nutrition will help your burn heal.

Call your doctor right away if you have:

- Redness or swelling around the wound
- Red streaks going up your arm or leg
- Pus draining from the wound
- Fever greater than 100.5 degrees F or 38 degrees C
- Increasing pain or pain that is not relieved by medicine
- Foul odor noted **after** the wound has been cleaned and the old dressing has been thrown away

If you cannot reach your doctor, go to the Emergency Room.