

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.

燒傷護理

瞭解如何護理燒傷以避免感染。請確保您：

- 將燒傷部位高過心臟。
 - 保持繃帶潔淨乾爽。
 - 每天換繃帶。請遵守以下步驟：
 1. 在觸碰燒傷處或繃帶之前先用肥皂和水徹底洗手。
 2. 解掉舊繃帶並丟掉。如果舊繃帶粘住燒傷處，請用溫水將繃帶浸濕。如果您使用長效敷料（如 **Mepilex Ag**），僅取下外層繃帶。Mepilex Ag 敷料應在原位置保留一個星期。請勿將敷料弄濕。
 3. 用有溫水和溫和型肥皂或嬰兒洗髮精的乾淨毛巾清除舊乳膏或軟膏。請盡量不要弄破水泡。如果您使用 **Mepilex Ag** 敷料，略過此步驟。
 4. 再洗一次手。
 5. 如果有(✓)，則按醫囑塗上乳膏或軟膏：
 - 薄薄地塗上銀磺胺嘧啶 (Silvadene 乳膏)，大約一個鎊幣的厚度。
 - 塗 _____ 抗生素軟膏。用量以使燒傷處看起來光亮即可。
 6. 如果有(✓)，則請按醫囑進行：
 - 不要用繃帶蓋住燒傷處。
 - 請使用不粘紗布，再蓋上幾層幹紗布。
 - 塗抗菌素乳膏或軟膏後敷上不粘紗布，然後再蓋上幾層乾紗布。
 - 其他 _____
- 處理手或腳上的燒傷時，總是在手指或腳趾間纏一層紗布。

- 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.

- 每天輕緩地鍛煉傷處四次，彎曲關節 10 到 20 次。輕緩的鍛煉可防止僵硬。
- 大量飲用液體，每天至少 10 到 12 杯。
- 多吃肉、蛋、魚、雞肉和乳製品中所含的蛋白質。吃富含維生素 C 的食物，如水果，尤其是柑橘類水果和蔬菜。良好的營養將有助於燒傷痊癒。

如有以下症狀，請立刻打電話給您的醫生：

- 傷口周圍發紅或腫脹
- 紅痕在手臂或腿部上移
- 傷口流膿
- 發燒溫度高於華氏 100.5 度或攝氏 38 度
- 疼痛加劇或藥物不能減輕疼痛
- 創面得到清潔、舊的繃帶丟棄之後仍可聞到異樣氣味

如果找不到您的醫生，請去急診室。

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Burn Care. Traditional Chinese.