



**Northumbria Healthcare**  
NHS Foundation Trust

# **Minor burns Wound care**

## **Discharge information for patients**

Issued by urgent care centre/minor injury unit

This leaflet is to give information on your burn injury. The burn you have sustained is classed as a minor burn which will be either a:

**Superficial burn** – This involves the first layer of skin (epidermis). The skin will be red, dry, intact and painful.

**Partial thickness burn** – This involves the second layer of skin (dermis). The skin may be painful, red, blistered and moist.

## Treatment

Your burn has been assessed by a clinician and a dressing has been applied. Please keep the dressing dry and clean. You will be given instructions by the clinician on when to have the dressing removed/changed.

If the clinician feels you need to be re-assessed in a soft tissue clinic at the hospital, an appointment will be given to you before discharge. You can attend your practice nurse at your own GP surgery for dressing changes. You will be advised to take regular painkillers such as Paracetamol and Ibuprofen (please inform the clinician you are unable to take these).

It is important to keep the burn covered, as directed, to prevent the risk of infection.

### Do not:

- Burst any blisters that form over the burn as the blister is protecting your skin and helping it to heal.
- Apply any creams/oils/ointments until the wound has healed
- Apply any sticky dressing or fluffy dressing over the wound.

## Further Information:

You must see your own GP/urgent care centre/ ring NHS 111 if you experience any of the following:

- Dressing becomes heavily soiled
- Offensive smell/discharge coming from burn
- Any increased pain/swelling/redness/heat around burn
- You feel unwell and/or develop a high temperature

Once the burn has healed the skin may become dry or itchy. Moisturiser can be applied (aqueous cream, E45). Wash hands before any dressing change or application of moisturiser. Do not touch wound unless necessary. Also avoid exposing the area to the sun or use a high factor sun block, especially in the first 18 months - 2 years after the burn.

## Contact numbers

The following numbers are direct lines to our urgent care centres/minor injury units.

Alnwick Infirmary	01665626727
Berwick Infirmary	01289356605
Hexham General Hospital	01434655388
North Tyneside General Hospital	01912932515
Wansbeck General Hospital	01670529552

## **Alternative Formats**

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

## **Other sources of information**

### **NHS 111**

### **NHS Choices**

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### **NICE (National Institute for Health and Clinical Excellence)**

[www.nice.org.uk](http://www.nice.org.uk)

### **Patient Advice and Liaison Service (PALS)**

Freephone: **0800 032 0202**

Text: 07815 500015

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### **Northumbria Healthcare NHS Foundation Trust**

General Enquiries **03 44 811 8111**

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)

PIN 799/V1

Review date: January 2023

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