

PARENT EDUCATION

Burns

July 12, 2010

By Samer Khaznadar, M.D., FAAP

Burn Care Guidelines:

- 1). Within the first 10-15 minutes of the burn the area should be cooled immediately with cold water. It has been shown to reduce the injury.
- 2). Keep full bullous lesions intact as much as possible. If they rupture the dead skin needs to be taken out to speed the process of healing.
- 3). Use Silvadine cream (or Neosporin if the child is allergic to sulfa) before dressing the burn.
- 4). Dress the wound with petroleum dressing (regular dressing might adhere to burn).
- 5). After 3-5 days you may leave the area open to air. Use Silvadine or Neosporin 2-4 times a day.
- 6). Watch for signs of infection; swelling, redness, drainage of pus or blood, red streaks, warmth, tenderness or fever. Call your doctor if any of these signs occur.
- 7). If the child is not up to date on vaccinations or his or her last tetanus shot was more than 5 years ago, inform your doctor about it especially if the burn is dirty.
- 8). Keep area clean and dry.
- 9). Clean discharge away with hydrogen peroxide, this will decrease the incidence of scarring.