

Burns Care

Tasmanian Burns Service

To help your burns get better:

- Lift arms or legs up if burnt.
- Keep bandages clean and dry.
- Rest.
- Gently move joints.
- Take pain killers if you need them.

Elevation (keeping arms or legs up)

It is normal for a burn to swell. You can help make this smaller or stop the swelling by keeping the burnt area up.

Keep Bandage Clean

New bandages will be put on your burn at the clinic. This will help stop germs from getting into your wound. You can help lower the chance of germs getting into your body by keeping the bandages clean and dry.

Exercise (movement)

Limit movement. Please talk with the Burns Team about what movement is okay. If your burn is over a joint on your arm or leg, you will need to gently bend this joint every hour during the day. This stops the joint from getting tight and makes swelling smaller.

Rest

Apart from gentle movement you need to rest the burnt area.

If you keep using your burnt arm or leg, it can cause more swelling, pain and can make your burn worse.

Pain

Burns are often very sore. Please take pain killers as instructed and before you have your bandage changed.

Parents, please give your child medicine to lower pain before coming to clinic even if your child is not in pain. Medicine to lower pain will help when taking the bandage off.

Allergies

Please tell your nurse if you have an allergy (such as rash or trouble breathing) to any medicine, food or bandages.

Burns and Children

Skin is like a wall that stops germs coming into the body. Burns open the skin which can let germs enter your child's body.

The sooner we notice signs of germs (such as a hot body temperature), the sooner we can help them get better.

If your child has a hot body temperature (above 38°C) come to the Emergency Department.

Contact details:

Royal Hobart Hospital Burns Outpatient Clinic

- Level 12, Wellington Clinic Argyle Street, Hobart
 - Hours: Monday – Friday
 - 6166 0098
 - Fax: 6173 0202
- Weekends, Public Holidays and after hours contact:

**Tasmanian Burns Unit
Orthopaedic and Surgical Specialities Unit
K9 East, RHH**

- 6166 8565 (24hrs/day)
- Fax:6173 0202

**Launceston General Hospital Plastics
Department
Specialist Clinics**

- 1300 977 694

**CONECS Devonport
Mersey-Leven Community Health Nursing
and Home Care Service**

- 23 Steele St, Devonport
- 6478 6120

**CONECS Burnie
Hellyer Community Nursing
Burnie Community Health Centre**

- 11 Jones St, Burnie
- 6477 7350



Remove clothes and jewellery away from burn.

Cool the burn for 20 minutes with cool running water. Never use ice on a burn and do not use butter, oils or creams on a burn.

Cover burn with a clean, wet towel or plastic wrap.

Seek medical help if the burn has a blister or broken skin.



Next appointment: _____



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