

After your burn has healed

The **skin** will remain tender and fragile for some time and will need protection, especially from the sun.

Itchiness can be a sign of healing, but could also be because the skin is dry. Moisturise the skin 2 to 3 times a day with a non-perfumed cream.

Wear cotton clothing rather than synthetic fabrics next to the skin.

Keep **fingernails** short and avoid scratching as this will damage the skin further.

Bathing/showering use a non-perfumed soap or a soap substitute. Gently pat skin dry to avoid damage to new skin.

Sun care is extremely important. Avoid exposure. Apply sunscreen SPF 30+ or higher every 2 hours if in the sun.

Wear protective clothing such as UV swimwear, a hat and sun glasses when in the sun.

Any concerns contact a healthcare provider or after-hours clinic.



Use a fire guard if a fire is in use

Safety messages to share with your family/whānau:

[youtube.com/watch?v=r4w7ub5RJeA](https://www.youtube.com/watch?v=r4w7ub5RJeA)

[youtube.com/watch?v=Mnj2k8wVdbU](https://www.youtube.com/watch?v=Mnj2k8wVdbU)

[youtube.com/watch?v=82npFu8ue-Q](https://www.youtube.com/watch?v=82npFu8ue-Q)



Ensure all pots handles are turned in

Notes

Further information

anzba.org.au

safekids.co.nz

burn.org.nz

stjohn.org.nz

acc.co.nz



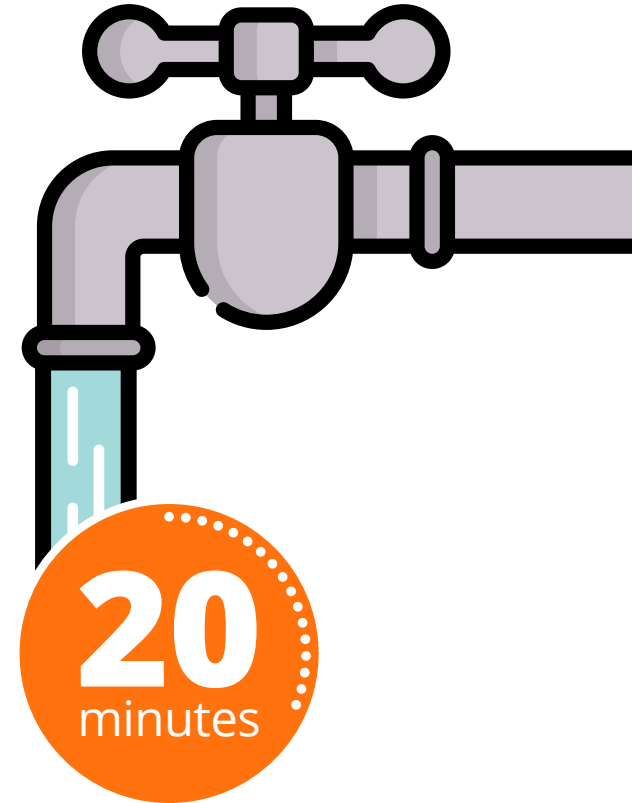
Wound Awareness Week Burns & Scalds

26 July – 1 August 2021

nzwcs.org.nz/wound-awareness-week



Wound Awareness Prevention & Care of Burns & Scalds



Treat burns with cool running water for 20 minutes














nzwcs.org.nz







Designed July 2021

Prevention

Always

-  Have hot water cylinder set to a maximum of 55°C
-  Run the cold water first and last into the bath and test the temperature
-  Keep matches and lighters out of children's reach
-  Keep hot drinks and hot food out of reach of children and vulnerable adults
-  Supervise all children around heat sources such as: open fires, heaters, cooking, BBQ's, hair straighteners etc
-  Keep electrical cords short and pot handles turned in on the stove
-  Have working smoke alarms
-  Use a fire guard if a fire is in use
-  Have a fire evacuation plan and practice it
-  Cover flaming pots with a lid, wet towel or fire blanket
-  Apply SPF 30+ or higher sunscreen 30 minutes before going outside in the sun and then cover up







Never

-  Pick up flaming pots!
-  Extinguish flaming pots with water!
-  Carry your child when handling hot liquid
-  Leave candles unattended
-  Fill a hot water bottle with boiling water
-  Throw accelerants such as petrol, methylated spirits etc onto fires or BBQ's




First Aid Treatment

If on fire - Stop, Drop, Roll

Then always

-  20 minutes of cool running water
-  Remove all clothing, including a child's nappy, and any jewellery at the affected burn site
-  Seek medical attention if the burn is larger than 3cm or if blisters form
-  Keep the person warm
-  Cover the area with a clean dressing or lay cling film over the top
-  If an emergency call 111

Never apply

-  Ice
-  Butter or oil
-  Egg white or toothpaste

ACC will consider cover on all burn injuries. See a healthcare provider to fill out the necessary paperwork.

Burn care



Burns and scalds can be painful in the first 2 days or when dressings are changed. A healthcare provider can advise on appropriate pain relief.



Referrals to other health providers are sometime necessary for specialist input.



Hand washing for 20 seconds helps prevent infection.



Seek advice from a healthcare provider if there is concern with the burn, such as pain, swelling, fluid discharging from the wound (ooze), or the wound is smelling this could mean infection.



Dressings should be non stick and need to stay dry. If the outside dressing is wet, seek further help. If the dressing is not shower proof use a plastic cover over the top to keep it dry.



Blisters should NOT be 'popped' due to infection risk. Seek advice from a health provider.



Diet is an important factor in healing wounds. Eat foods high in protein such as meat, fish, eggs, milk, cheese, yoghurt. Stay hydrated (water is best).



Activity is important, however, avoid water and dirt activities while dressing are in place.



Prior to follow up appointments it may be advised to take pain relief. Follow the advice of a healthcare provider.