

CONTACT INFORMATION

If you are concerned about your burn or scald in the 24 hours after attendance please contact the Emergency Department you attended or NHS 24. After this time please contact your GP or NHS 24.

Emergency Department
University Hospital Hairmyres
01355 584716
University Hospital Monklands
01698 752005
University Hospital Wishaw
01698 366630
NHS 24 - 111



NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk
NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation.
Services@lanarkshire.scot.nhs.uk



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Burns and Scalds

Information for patients
Emergency Department



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HOW LONG DO BURNS TAKE TO HEAL?

Most burns heal within 7-14 days, but some can take longer.

HOW CAN I HELP THE BURN HEAL?

- ❖ Keep the dressing dry. If it gets dirty, wet, or falls off please come back to the Emergency Department.
- ❖ Protect the burned area from the sun with clothing and use sunblock.
- ❖ Take painkillers to ease discomfort.

HOW DO I KNOW IF THE BURN IS INFECTED?

Look out for the following, and seek medical advice if they happen:

- ❖ Increasing redness around the area.
- ❖ If the wound becomes smelly, or there is a discharge from it.
- ❖ If you develop a high temperature or become unwell.

HOW DO I SEEK ADVICE?

- ❖ Contact your doctor or the Emergency Department.
- ❖ Visit the practice nurse at your GP.

USING PAINKILLERS

What painkillers can I use?

Take painkillers regularly, such as paracetamol or ibuprofen if you can take anti-inflammatories.

CAN I USE PARACETAMOL AND IBUPROFEN TOGETHER?

- ❖ Use paracetamol first for pain, and then ibuprofen as an additional medication. The medicines can be given at the same time, or staggered.
- ❖ It is perfectly safe to use the paracetamol and the ibuprofen together.

FIRST AID TREATMENT FOR BURNS AND SCALDS

1. Apply cold water immediately to the affected area for 5-10 minutes. This helps to remove the heat from the skin and lessen the damage.
2. Cover the affected area with a **clean** cloth or clingfilm.
3. **Do not** burst any blisters.
4. **Do not** apply any oils, creams or ointments.
5. **Seek medical advice.**