

Care of a Facial Burn

Information for patients and parents / carers

This leaflet will give you information about how to care for your child or young person at home following a facial burn / scald.

To reduce risks of infection during the healing process, we strongly advise that your child or young person stays at home and indoors as much as possible and limits the amount of visitors. If there are family pets, it is also important to keep them at a distance to reduce the risk of infection and any pet hair getting on to the burn / scald.

To reduce any swelling your child or young person should be propped up when resting or sleeping.

First 48 - 72 hours

Within the first 48 -72 hours there may be some yellow straw coloured fluid leaking from the burn or scald.

To care for this you will need:

- Saline solution
- Soft gauze swabs
- An ointment supplied by the hospital.

The ointment you have been supplied with is _____

Instructions

- Ensure your child or young person has regular pain relief e.g. Paracetamol and Ibuprofen as per dosing instructions on the packaging to keep them comfortable.
- Wash your hands thoroughly and dry with a clean hand towel / paper towel.
- Blot the skin with soft gauze moistened with saline solution, using a new swab for each area to avoid spreading infection.
- Allow area to dry before applying the ointment.
- Apply a thin layer of ointment that has been provided.
- Repeat as directed by nursing staff (likely 1-2 hourly).

After 48 -72 hours

After the first 48-72 hours the amount of fluid leaking from the burn / scald should start to reduce and you may notice that the face starts to dry out and form a crust.

To care for this you will need:

- Warm water or saline solution
- Soft gauze swabs
- An ointment supplied by the hospital.

The ointment you have been supplied with is _____

Instructions

- Ensure your child or young person is given pain relief as per dosage instructions on the packaging. They may no longer need this regularly, instead give this as required.
- Wash your hands thoroughly and dry on a clean hand towel / paper towel.
- Use swabs moistened with warm tap water / saline solution to gently cleanse the face. Ensuring to gently remove any ointment. Use a new swab for each area to prevent spreading infection.
- Allow area to dry fully before applying ointment.
- Apply a thin layer of the ointment.
- This should be done as per instructions given (likely 2-3 times daily).

Continue to do this until you have been reviewed in the plastic dressing's clinic where you will be advised on the next steps.

If your child becomes unwell

If a wound becomes infected, it can affect the whole body, causing a serious illness called **Toxic Shock Syndrome**. This is not a common illness; however it is important that you are able to recognise it. The signs and symptoms are as follows:

- Fever (37.5 °c and above)
- Rash – anywhere on the body
- Vomiting
- Diarrhoea
- Lethargy.

If your child shows any of these symptoms, you should attend the Accident and Emergency department urgently.

Nutrition

It is important that your child continues to have a balanced diet including protein (e.g. yoghurts, chicken, eggs, milk, and beans) for good wound healing.

Follow up appointments

You may be given an appointment in the Plastic Dressings Clinic in the outpatients department of the hospital (OPD 12, 1st floor by therapies) for further review. This appointment should be within 48-72 hours following the burn / scald unless you have been admitted to the ward. If you have been asked to return for an appointment we request that you give your child some Paracetamol or Ibuprofen at least 1 hour before the appointment to make them more comfortable when the dressing is removed and wound reviewed.

Contact Us

Accident & Emergency: 0131 312 0007 / 0008

Plastic Dressing's Clinic: 0131 312 0107