

Victorian Adult Burns Service

Outpatient information for patients

Burn wound care

About this leaflet

This leaflet provides information regarding how to care for your burn wound at home.

Burn wound care

1. Take analgesia 30 minutes prior to washing your wound(s).
2. Wash your hands well with soap and water.
3. Soak your dressing off gently under tap water (in the shower, basin or bath). If you have tank water you will need to soak with a sterile solution or **cooled** water that has been boiled.
4. Clean wound(s) with a mild soap free wash (Dermaveen, QV, Cetaphil or similar- available at local pharmacy) diluted on a clean washcloth.
5. You need to soak and remove as much build up, crusting and loose skin as you can.
6. For new burns: If there is hair in and around the wound you will need to remove this with a good quality razor. Lather the wound with diluted soap free wash to make shaving smoother. Press lightly on the razor and gently guide it over the wound to shave hair in one stroke.
7. Rinse.
8. Pat dry wound(s) gently with a clean towel.
9. Cover wound (s) with cling film if there is a wait before reapplying your dressing. This eases pain from air getting to the wound and keeps it clean until the dressing is applied.
10. Re wash your hands.
11. Reapply dressing using clean hands. Try and touch the edges of all dressing products only.

When to contact a health care provider:

If you get increased redness, swelling, pain, large volumes of oozings, a smell from the dressings, fever or chills you will need to consult a health care provider (GP, nurse, hospital).

If you develop a fever (temperature of 38°C or above) and you feel unwell, **it is very important that you seek medical attention straight away.**