

Caring for your child's facial burn

Burns & Plastic Surgery /

Children's Day Care Unit

Information for Patients, Parents & Carers

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Introduction

This leaflet will give you information about how to care for your child if they have been treated for a burn in Leicester Burns Facility.

To help your child's burn to heal, you need to clean their face 2 to 3 times a day when they are at home. It is normal for your child's face to leak a straw-coloured, yellow fluid. Their face may also swell and they may get dry, golden crispy scabs on their burn.

What equipment do I need?

- Cool water (can be tap water)
- Gauze or make-up pads
- The ointment/cream given to you by the hospital

How should I clean my child's face?

- Give your child some pain relief at least 30 minutes before you begin to clean their face, see "What if my child is in pain" section on the next page for advice about pain relief.
- Thoroughly wash and dry your hands making sure you use a clean towel
- Using single strokes, wipe the skin clean with a different area of the gauze or make-up pad each time. This will help to reduce infection risk
- If both eyes are affected, use different pieces of gauze or make-up pads for each eye. Wipe from the inside corner (near the nose) to the outside corner of the eyes as shown by your nurse. This will help prevent any spread of infection.
- Make sure any old ointment/cream from the last application has been removed.
- After cleaning, apply fresh ointment/cream to the affected areas as shown by your nurse. Do this 2 to 3 times a day: morning, afternoon and night (before bed).

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What if my child is in pain?

Give your child regular pain relief, for example, paracetamol and ibuprofen. You will need to buy this over the counter from a pharmacy or supermarket as the hospital do not supply it.

Please speak to your nurse if getting this pain relief is an issue.

Instructions on how much to give and how often is written on the box. Follow these carefully. Do not give more than the recommended dose as this could be dangerous for your child.

If you are not sure whether or not your child is safe to take paracetamol and ibuprofen, then check with your child's GP.

Often burns are more painful in the first week of them happening and then they tend to settle down. Give your child regular pain relief for the first few days and then slowly reduce it, depending on how your child reacts.

How long will I need to clean my child's face?

Continue to clean your child's face until you are told to stop by your doctor or nurse.

Will my child need another appointment?

You will need to bring your child back to the Children's Day Care Unit, Level 4, Windsor Building, Leicester Royal Infirmary. This will be a nurse led clinic.

Is there anything else I can do to help my child's face heal?

If their skin becomes dry and flaky (this is expected after a facial burn), you can either let it fall off itself or you can gently moisturise with a plain moisturiser, for example Epimax cream. Do not try and pick it off.

At night, try and prop your child up with pillows when lying down, this will help to reduce swelling in their face.

Eating foods that are high in protein, such as, chicken, lentils, pulses, green beans, broccoli, fish, eggs are good for wound healing. If your child has kidney problems please check with their GP before increasing their protein.

Remember to regularly apply high factor sun cream, such as factor 50 or above to the face once the burn has healed and all over the body. Your child should also wear a hat in the sun.

Aftercare of your burn

Sometimes healed burns can be itchy. Regular washing and moisturising will help with this. You may need to ask your GP to prescribe an antihistamine if washing and moisturising is not helping. Try not to let your child scratch as it may break the skin and they could get an infection. As newly healed skin is more sensitive, use cooler water to bath or shower your child at first.

What can I do to protect my child's face in the sun?

Your child's skin may be sensitive after their burn. It is important to keep their face out of the sun for the first summer after the burn, as the newly healed skin is more fragile and more likely to burn than non-damaged skin. This can result in permanent skin colour changes, quite often darkening the previously burnt area.

Is my child likely to scar?

This depends on how deep the burn is. A burn on the top layers of the skin tends to heal within about 2 weeks. If your child's burn takes longer than this, it is possible their burn was deeper and their risk of scarring is higher. Your nurse will talk to you about this and can refer your child to the Occupational Therapy department. Occupational Therapists are trained in scar management. Their support can usually help to improve scarring.

If your child becomes unwell

Very rarely a person may become unwell with a burn injury of any size. Toxic Shock Syndrome is a rare but serious complication of infection. It can make a person feel really poorly very quickly and is treated as a medical emergency. In some rare, advanced cases it can be life threatening.

It is important that you observe your child and phone the ward or clinic if they:

- have a high temperature or shivers
- get a rash
- have diarrhoea or are being sick
- get muscle aches
- are eating or drinking less than normal
- become very sleepy
- stop peeing (passing urine)
- get headaches

If your child has any of these symptoms you may need to bring them back to hospital to see a doctor.

If your child is very unwell or you are very worried about their condition get help immediately - take your child to the nearest emergency department or call 999.

Support groups

Children's Burns Trust

2 Grosvenor Gardens, London SW1W 0DH

Tel: 07802635590

Email: info@cbtrust.org.uk

Website: www.cbtrust.org.uk/

This is a national charity dedicated to providing rehabilitation support for burned and scald injured children and their families, as well as prevention and awareness campaigns for which there is little or no national funding.

Contact details

We hope this information will help you care for your child at home. If you need more information or advice, or if you have any concerns, please contact:

- Children's Day Care Unit - Windsor Building, Level 4, Leicester Royal Infirmary
Monday to Friday - 8am to 6pm 0116 258 6317 / 0116 258 6922
- Out of hours: Ward 19 - Balmoral Building, Level 6, Leicester Royal Infirmary
0116 258 5244 / 0116 258 5534
- Outreach Nurses: 07956 266983

Data protection

We collect information about your child and family relevant to their diagnosis and treatment. We store it on written records and on computer. We may have to share some of your information with other people and organizations. If you have any questions and/or do not want us to share that information with others, please talk to the people looking after you and your child or contact PALS (Patient Advice and Liaison Service)

Phone: 0808 178 8337

Email: pals@uhl-tr.nhs.uk

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk



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Leicester's Hospitals is a research active trust so you may find research happening on your ward or in your clinic. To find out about the benefits of research and become involved yourself, speak to your clinician or nurse, call 0116 258 8351 or visit www.leicestersresearch.nhs.uk/patient-and-public-involvement