

ENG

# Treated burns

Holbæk Sygehus, Akutafdelingen



Holbæk Sygehus  
Akutafdelingen  
Smedelundsgade 60  
4300 Holbæk

E-mail: [hol-akut@regionsjaelland.dk](mailto:hol-akut@regionsjaelland.dk)

Afdelingstelefon: 59 48 38 00

Skadetelefonen: 1818

[www.holbaeksygehus.dk/afdelinger/akutafdeling](http://www.holbaeksygehus.dk/afdelinger/akutafdeling)

No. 10, May 2023

REGION SJÆLLAND  
HOLBÆK SYGEHUS  
*- vi er til for dig*

## Burns

When you suffer a burn, the skin of the damaged area is destroyed and must be treated with Flamazine, an anti-bacterial ointment. The burned area is very susceptible to infection, and it is therefore critical that you keep it clean.

## Treatment

*Sterile dressing:* Is your dressing a sterile, absorbent dressing, it must not be changed or taken off.

## Facial burns

You have facial burns, which have not been dressed. Seeping will occur from the wound. Dap only on the edge of the wound but not on the wound itself. After 3-4 days a scab will form. To reduce risk of infection, sick leave is recommended until the scabs have fallen off.

## Burns to the hand

You will find that some seeping will occur from the wound, especially during the first few days. Therefore, you will need quite a large dressing and bandage. It should, however, restrict the movement of your fingers as little as possible, to avoid stiff fingers. Less serious burns are expected to heal within 2 weeks and will need smaller bandages.

**Moderate burn wounds:** Leave the dressing untouched for 10 days,

unless the serum from the wound seeps through the bandage or at signs of infection.

**Major burn wounds:** The dressing should be changed and reduced in size at your doctor's after 3-4 days. That will allow you to move your hands and fingers more freely again.

## Children who have burns to their hand

Younger children are bandaged with a 'boxing glove' as individual finger dressings often are too difficult on very young children.

## What to keep an eye on

To avoid infection or poor healing of the wound, you need to contact a physician if:

- The dressing gets wet
- Seeping from the wound affects the bandage
- The dressing starts smelling
- The dressing/bandage gets loose or is not positioned correctly over the wound
- You get a fever
- If you worry, something is wrong with the wound.

## Pain

If the burn is to your arm, leg or hand, it will help ease the pain and swelling if you keep your arm/leg high and your hand above heart

level (maybe on a pillow). You should clench and stretch your fingers and move your wrist often each day. It may hurt and feel tight, but move your fingers anyway, to avoid stiffening of the joints and tightening of the new skin.

You can prevent pains by taking a painkiller, e.g. Paracetamol with Ibuprofen (adults only). Dosage as instructed on package. Administer dose for children according to weight.

## Aftercare and control

Have your dressing removed or control of the wound by your doctor in:

**3-4 days** \_\_\_\_\_

**10 days** \_\_\_\_\_

## Follow up

All burns to the skin, which have not healed satisfactorily after 10-12 days, should be assessed at Plastikkirurgisk Ambulatorium, Roskilde Sygehus or Rigshospitalets Brandsårsambulatorium.

Your doctor will assess this.

## Good advice

Avoid exposing the new skin to direct sunlight for the first 6 months. Use high-factor

sunscreen during the first summer to avoid discolouring of the skin.

## Questions

You are quite welcome to contact Skadetelefonen on tel. 1818 or your own doctor, if you are in doubt of any aspect of the treatment.