

How to Care For Your Skin Burn at Home

Here is some information about the healing process and what to expect:

- **Epidermal burns** involve only the first layer of skin. The skin colour ranges from pink to dark red and is dry. Skin may peel. Sunburn is one kind of epidermal burn.
- **Superficial Dermal** are quite painful and blisters form. The skin is pink to dark red and wet in appearance. Blisters may form. These burns need treatment to prevent infection and scarring. It may take 2-3 weeks to completely heal.
- **Deep Dermal** wounds appear as superficial dermal burns but become swollen and the centre may be pink, red, white or yellow with small red dots throughout the wound. These burns take longer to heal, and need treatment by a health care practitioner to prevent infection, scarring and facilitate a return to normal functioning.

□ **Flamazine dressings:**

- » Used for superficial wounds, and is an antimicrobial cream
- » Contains silver sulphadiazine. (**Do not use if allergy to Sulpha**)
- » Prevents infection, reduces pain, controls moisture loss and protects fragile cell growth
- » Apply directly to the wound bed once or twice a day in first 2-3 days
- » Keep Flamazine in the refrigerator. It is good for 7 days once opened
- » **You may take over the counter pain medication such as Tylenol or Advil an hour before the dressing change**

How to care for a Flamazine Dressing

To change the dressing you will need:

- A clean towel
- Warm tap water
- Tongue depressor
- Flamazine
- Clean gauze
- Kling wrap

Change bandage at least once a day and when it becomes soiled or wet

1. Wash your hands with soap and water and dry your hands
2. Remove the outer dressing
3. Remove the inner dressing. If the dressing is stuck to the wound, or if the wound bleeds, do not pull off the dressing. Soak it with clean warm water for a few minutes and try again by peeling the gauze off
4. Dab away any moisture or drainage from the wound bed. Do not wipe
5. Wash the wound gently with regular tap water and mild soap. Be careful not to disturb new skin cells

6. Gently dry the wound bed with a clean dry cloth
7. Paint 2-3 mm thick layer of Flamazine on clean gauze dressing with a clean tongue depressor. Try not to touch the Flamazine, then apply to the wound making sure the wound edges are properly covered
8. Cover the first gauze with a 2nd gauze making sure there is a with a 2 cm border around the dressing
9. Wrap the dressing with King wrap and secure with paper tape. It does not need to be tight
10. Do not put tape on the wound

□ Acticoat Dressings

- » Used for deep wounds that are more serious and have increased risk of infection. These dressings must be changed by a health care professional
- » Made of rayon and polyester fabric impregnated with silver
- » Can be left intact for 3-7 days before needing to be changed
- » Can sting skin when activated
- » Can stain good skin surrounding burn
- » The inner dressing must stay moist
- » Keep the outer dressing clean and dry

What To Expect as the Burn Heals

- » Keep dressings dry and clean
- » Flamazine will turn yellow when it is ready to change the bandage

- » As the skin heals, it will become dry. New skin is pink and tender to touch and prone to injury
- » The healed skin may become itchy, but do not scratch it
- » Use plain moisturizing cream (avoid alcohol based cream) on newly healed skin several times a day to prevent skin from tightening
- » If you have a hand burn, or burns to your fingers, try to extend and flex fingers, open close hand to prevent skin from becoming tight (you may want to consult your health practitioner for follow-up)
- » Protect healed skin from sun and heat

Come back to the hospital if you see signs of infection such as:

- » Increasing redness
- » Increase in moisture from wound bed, or change in colour of drainage
- » A bad smell coming from the dressing
- » Increase in pain or a new fever
- » New blisters. If a blister breaks, keep it clean because it could get infected. Use Flamazine Dressing instructions to dress the blister and return to the hospital for assessment and treatment

Call the Urgent Care or a Hospital near you for any questions you might have about caring for burns

Your next bandage changed is:

Date



Making better
decisions together
with patients
and families

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