

Minor Injuries Units

North Dorset:

Blandford Community Hospital

Milldown Road, Blandford DT11 7DD
Telephone: **01258 394032**

Westminster Memorial Hospital

Magdelene Lane, Shaftesbury SP7 8BD
Telephone: **01747 475251**

Yeatman Community Hospital

Hospital Lane, Sherborne DT9 3JU
Telephone: **01935 813991**

South West Dorset:

Bridport Community Hospital

Hospital Lane, Bridport DT6 5DR
Telephone: **01308 426245**

Lyme Regis Medical Centre

Uplyme Road, Lyme Regis DT7 3LS
Telephone: **01297 445777**

Portland Community Hospital

Castle Road, Portland DT5 1AX
Telephone: **01305 860111**

Weymouth Community Hospital

Melcombe Avenue, Weymouth DT4 7TB
Telephone: **01305 762545**

South and East Dorset:

St. Leonard's Community Hospital

Local Treatment Centre (out of hours)
241 Ringwood Road, Ringwood BH24 2RR
6.30 pm–10.30 pm Monday–Friday,
8 am–8 pm Sat, Sunday and bank holidays.
Telephone **111** for an appointment.

Swanage Hospital

Queens Road, Swanage BH19 2ES
Telephone: **01929 475009**

Victoria Hospital

Victoria Road, Wimborne BH21 1ER
Telephone: **01202 856410**

Emergency Departments

Dorset County Hospital

Williams Avenue, Dorchester, DT1 2JY
Telephone: **01305 251150**

Poole General Hospital

Longfleet Road, Poole, BH15 2JB
Telephone: **01202 665511**

Royal Bournemouth Hospital

Castle Lane East, Bournemouth, BH7 7DW
Telephone: **01202 704167**

Salisbury Hospital

Odstock Road, Salisbury, SP2 8BJ
Telephone: **01722 336262**

Yeovil District Hospital

Higher Kingston, Yeovil, BA21 4AT
Telephone: **01935 475122**

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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**Dorset HealthCare
University**
NHS Foundation Trust

Minor Injuries Unit

Advice on burns in adults



Dorset HealthCare University NHS Foundation Trust

Sentinel House
4–6 Nuffield Road
Poole, Dorset
BH17 0RB
☎ 01202 277000

🐦 @DorsetHealth
🌐 www.dorsethealthcare.nhs.uk

**Information
for patients,
relatives and carers**

**Excellence
Compassion
Expertise**

Dressings

The dressing applied to your burn will protect the wound and help it heal. It is important to try and keep the dressing clean and dry to help prevent infection. It will be necessary for your dressing to be changed if:

- It becomes wet or dirty
- It falls off or becomes loose
- It smells offensive

The nurse will tell you when the dressing is next due to be changed by your GP Practice Nurse.

Infection

A wound infection needs prompt treatment. Please be aware of the signs and symptoms of infection.

- Redness around the burn
- Increased swelling of the affected area
- Increased pain
- Fever/high temperature
- Feeling generally unwell
- Fluid oozing through the dressing or bandage.

If you are worried your burn may be infected, you should seek medical attention at the earliest opportunity.

Pain

Your burn is likely to be painful. If you have simple painkillers i.e. paracetamol or prescribed painkillers, make sure you take them regularly every 4–6 hours as required but no more than 8 tablets in 24 hours. Remember to take them before dressing changes and before bedtime.

Itching

As your burn heals it may become itchy. Try not to disturb your dressing or scratch newly healed skin. In extreme cases an antihistamine medication can be bought over the counter at your pharmacy.

Nutrition

A healthy, balanced diet will help heal your burn. Protein rich foods are particularly beneficial, such as milk, eggs, cheese and meat. Make sure you drink plenty and keep well hydrated.

Moisturising and massage

Once your burn has healed, you will need to moisturise your healed skin as it will be dry. You should use a simple, non-perfumed moisturiser. Massage the cream into the healed skin 2–3 times a day.

Massage involves medium to firm pressure in small circular movements over the affected area. Ensure that the skin is cleansed in between moisturising as a build up of cream can cause irritation.

Sunscreen advice

It is very important to protect babies, children, and healed skin from the sun. Always ensure that your child wears a high factor (50+) sun cream that protects against UVA and UVB rays. Cover them up at all times and avoid the midday sun.

Movement and advice

If your burn is affecting your movement i.e. on your hand or over a joint, you will be encouraged to maintain your range of movement over the affected area and may need to be seen by a physiotherapist if you experience any stiffness or reduced movement.

Further advice

If you have any general questions or need advice quickly, contact NHS **111** or log on to www.nhs.uk/111

You may also contact your Doctor during normal surgery hours. If the call to your Doctor is urgent and outside the normal surgery hours of 8.00am to 6.30pm, your surgery will redirect you to the appropriate out of hours service or advise you to call the NHS **111** number.

Out of hours – please call your own GP's out of hours contact number.

In an emergency, dial **999**.

Please read this leaflet carefully.

If you are concerned or there is anything you do not understand or you require further information, please contact your nearest Minor Injuries Unit or Urgent Care Centre using the contact details on the back of this leaflet.