

## 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 children



**Dorset HealthCare University NHS Foundation Trust**

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BH17 0RB  
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🐦 @DorsetHealth  
🌐 www.dorsethealthcare.nhs.uk

**Information  
for patients,  
relatives and carers**

**Excellence  
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## Dressings

The dressing applied to your child's burn will protect the wound and help it heal. It is important to try and keep the dressings clean and dry to help prevent infection. Your child's dressing will need to be changed if:

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

The nurse will let you know when the dressings are next due to be changed by your GP Practice Nurse.

## Infection

A wound infection can be serious so it is important to be aware of any of the following signs:

- Redness around the burn
- Increased swelling of the area
- Increased pain
- Fluid oozing or coming through the dressings or bandage.

If your child develops any of the following symptoms, please seek medical advice immediately:

- High temperature or fever.
- Skin rash
- Vomiting and diarrhoea
- Generally unwell, refusing food and drinks.

## Pain

It may be helpful to give your child paracetamol to relieve any pain or discomfort they may be feeling from their burn injury.

## Itching

As your child's burn begins to heal, it may become itchy; try and discourage your child from scratching.

## Nutrition

A healthy, balanced diet will help to heal your child's burn. Protein rich foods are particularly good, such as milk, eggs, cheese and meat. Make sure you keep them well hydrated with plenty of fluids / drinks.

## Moisturising and massage

Once your child's burn has healed, you will need to moisturise the 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 pressure in small circular movements over the affected area. It is very important 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.

## Further advice

If you have any general questions or need advice quickly, contact NHS 111 or log on to [www.nhs.uk/111](http://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.