

You can help manage your child's dressing changes by

- Preparing for any pain & discomfort - painkillers before appointment
- Taking favourite toys/activities to help with distraction

If you or your child has any worries about dressing changes please discuss this with the nurse / doctor caring for your child.

## Emotions and Behaviour

Even small burn injuries can be very distressing for children and their parents or carers. Some children may have nightmares or be “clingy”. You or your child may avoid places and things that remind you or your child of the accident or injury. Your child may be anxious about medical procedures. These reactions are common, and often fade within a month or so. You can help by taking your child’s concerns seriously, while calmly encouraging a return to normal life. If problems persist and disrupt normal life, please discuss this with the nurse / doctor caring for your child or your health visitor / school nurse. If needed, they can seek further advice from staff in the local Burns Service.

## Food and Drink

Encourage your child to drink plenty of fluids. To help the skin heal your child will need to eat more protein and vitamins. These can be found in food such as: Milk, yoghurts / custard, meat, fish, cheese, eggs and fresh fruit and vegetables.

## Support Groups

### Children's Burn Trust

Phone no: 020 7233 8333 / [www.cbtrust.org.uk](http://www.cbtrust.org.uk)

### Enzo's friends

A support group based in Burns Centre at Birmingham Children's Hospital: [www.enzosfriends.com](http://www.enzosfriends.com)

## Reference

Young, A. and Thornton, K. (2007). Toxic shock syndrome in burns: diagnosis and management. Archives of Disease in Childhood Education and Practice. 92 (4). P.p. 97-100.

# Midland Burn



# Operational Delivery Network

Information leaflet for Parents / Carers

## Caring for your child and their burn injury

Burns Services

Midlands Burn Care Network

A copy of this leaflet and information on Midland Burns Services can be obtained from Midlands Burn Operational Delivery Network website

[www.midlandsburnnetwork.nhs.uk](http://www.midlandsburnnetwork.nhs.uk)

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## The information in this leaflet will help you to manage your child's burn injury at home

### Helping your child cope with pain

Burns can be very painful. It is important to give your child regular pain medication. This may be painkillers that have been prescribed and given to you at the hospital or that you have purchased over the counter. Please check the dose on the bottle carefully.

Pain control and comfort during your child's treatment is important to us. If your child needs further dressing changes we advise that you give your child some painkillers 30- 45 minutes before their appointment time. This can help with any discomfort associated with their dressing change.

### If your child becomes unwell

**Very rarely** a child may become unwell with a burn injury of any size.

Toxic Shock Syndrome is a serious but uncommon infection after a burn that can make a person feel really poorly very quickly.

It is uncommon but it is important that you observe your child and phone your G.P. or **111** Urgent Health telephone advice service if they experience any of the following symptoms as you may need to come back to hospital for your child to see a doctor:

- High temperature
- Rash
- Diarrhoea and vomiting
- If she/he goes off their food and drink
- If she/he becomes very sleepy
- Not passing urine

However, if your child is extremely unwell or you are very worried about their condition seek help immediately - take your child to the nearest Emergency Department or call 999.

### Dressings

Your child will have a dressing covering their burn in order to protect the area. A dressing is needed until the burn is fully healed and it will need to be changed regularly.

Your nurse / doctor will discuss this with you and advise you of the frequency of the dressing changes and who you will need to see e.g. Practice Nurse / GP Surgery / Emergency Department clinic. You can use the box below to write this down.

### Appointment times

DATE	TIME	WHERE e.g. GP

Please try to keep your child's dressings clean and dry and leave the bandages in place until your next dressing change appointment.

You will need to phone the nurse/ doctor / clinic you are going to for dressing changes if any of the following problems arise:

- The dressing becomes too tight
- The dressing becomes dirty or wet
- The dressing becomes loose or falls off
- If the wound fluid leaks through the dressing
- If the dressing becomes smelly or looks green
- Your child is in pain that is not relieved by medication

The area that has been burned will become swollen.

If your child has burnt their hand / arm or foot / leg, when resting it may help to keep the area elevated to reduce/prevent swelling.

Exercise will also help to reduce swelling and stop the burned area getting stiff. Please do any exercises as instructed by physiotherapist / nurse / doctor.