

Caring for your burn

Your burn was treated in the Emergency Department or Urgent Care Centre. It can take up to 3 weeks for the burn to heal.

To make sure your burn heals well:

- If you notice blisters, do not break them.
- Drink fluids to stay well-hydrated.
- Keep the burn as clean and dry as possible.
- Keep the area raised (if possible) to reduce swelling.
- If you are not seeing a doctor within 24 hours, you can change the dressing yourself.

To help manage your pain, you can use Acetaminophen (Tylenol®) or Ibuprofen (Advil® or Motrin®).

To change the dressing:

1. Remove the old dressing. If it is stuck, you may have to soak the dressing in clean cool water to remove it.
2. Wash your hands.
3. Gently clean away any dirt and old cream with a mild soap and cool water. Carefully pat dry.
4. Apply some cream to a non-stick gauze pad.
5. Apply some cream directly onto the burn.
6. Add extra gauze, if needed to absorb any fluid drainage.
7. Wrap with a cling dressing. Make sure it is not too tight.
8. Tape the cling dressing in place.

To apply cream:

1. Wash your hands.
2. Gently clean away any dirt and old cream with a mild soap and cool water. Carefully pat dry.
3. Apply some cream directly onto the burn.

When should I get medical help?

Call your health care provider if you have any of these problems:

- increased redness around the burn or red streaks coming from the burn
- more swelling
- more pus or coloured drainage
- you have a temperature of 38°C (100.4°F) or higher

If you have any questions or concerns, please call your health care provider.