

Caring for your child after a burn injury

Eating and drinking

- Your child needs to drink lots of fluids to stay hydrated.
- Your child can eat as usual. Your child may have less appetite for a few days.
- Encourage your child to eat a variety of healthy foods. Eating well helps with healing.
- See *Nutrition to Help Your Child Heal After a Burn* handout.

Relieving pain

- Give your child acetaminophen (Tylenol® or Tempra®) every 4 hours as needed. The amount (dose) depends on your child's weight.
- If needed, you may also give your child ibuprofen (Advil® or Motrin®) every 6 hours with food. The amount (dose) depends on your child's weight.
- It is safe and helpful to give acetaminophen and ibuprofen.
- If acetaminophen and ibuprofen do not make your child comfortable, you may also give your child morphine by mouth every 4 hours. The amount (dose) is prescribed by the doctor. It is safe to give your child acetaminophen, ibuprofen and morphine if needed.
- After your emergency visit. If you are referred to be seen by the Plastic Surgeon in the Burn clinic. For your child's first dressing change in the burn clinic give your child the recommended dose of morphine prescribed by the doctor **when you arrive**, 30 minutes prior to your appointment time.

Making your child comfortable

- It is normal for your child to feel some distress after the injury. He or she may need more naps, attention and comfort.
- Some itching is normal as the skin heals. If itching is a problem, you may give your child diphenhydramine (Benadryl®).
- If your child feels sick (nausea), you may give dimenhydrinate (Gravol®).
- Your child may have a bath or shower. Protect the bandage from water with plastic, such as a grocery bag and tape over the area.

Preventing constipation

- If your child is taking morphine for pain, he or she may get constipated (trouble having a bowel movement).
- To prevent constipation, have your child drink lots of fluids and eat foods that are high in fibre, such as fruits, vegetables, and whole grain breads and cereals.
- You may give your child a stool softener or laxative if needed.

When to get medical help

Bring your child back to the Emergency Department if you notice any of these problems:

- pain is not relieved by pain medication, or gets worse
- fever (over 38.5°C) or chills
- redness, swelling, increased fluid leakage or a bad smell from the injured area
- signs of dehydration
 - dry mouth, dry or cracked lips
 - crying without tears
 - passing little or no urine for 12 hours
 - sunken looking eyes
 - your child seems unwell or won't eat or drink
 - overly irritable or tired

Follow-up care

- If you have a non-urgent medical question for a burn/wound care nurse 905 521 2100, ext. 72215 voice mail checked weekdays may take up to 1 to 2 days to respond.
- If your child needs a follow-up visit with a plastic surgeon in the Burn Clinic, the doctor's office will call you within 1 week.
- For your child's first dressing change in the Burn Clinic give your child the recommended dose of morphine prescribed by the Emergency doctor, **when you arrive**, 30 minutes prior to your appointment time.

Plastic Surgeon's offices: 905-521-2100	
<input type="checkbox"/> Dr. Choi	ext. 73550
<input type="checkbox"/> Dr. Bain	ext. 73222
<input type="checkbox"/> Dr. Strumas	ext. 73594
<input type="checkbox"/> Dr: _____	Phone _____

Burn Clinic

- The Burn Clinic is a part of the 3F Plastics Clinic.
- To find the clinic take the red elevator to the 3rd floor and turn left.
- If you are running late to an appointment please call the 3F Clinic at 905-521-2100, ext. 78517.
- If you need to change an appointment time you will need to call the Pediatric Ambulatory Booking office at 905-521-2100, ext. 73974.

Before your first Burn Clinic appointment

- The first bandage change can be very painful, especially if there are blisters remaining at the burn site.
- These blisters will be removed at the first clinic appointment.
- We encourage you to give your child a pain medicine **when you arrive, 30 minutes** before the appointment time. The ER doctor may provide you with a prescription for morphine. You may also be given ibuprofen and acetaminophen.
- If you have questions about pain medicine before the first appointment please speak with the burn/wound care nursing team 905-521-2100, ext. 72215.
- Please note that the clinic does not have access to medications, you need to give the medication upon arrival to the clinic.
- If you believe that your child may need sedation (sleeping medication) for the bandage change and blister removal, please speak with the burn/wound care nursing team (905-521-2100, ext. 72215). This option requires several days of planning in advance.