

# Information for patients and carers

## Information following a burn injury

A decorative graphic at the bottom of the page consisting of three overlapping, wavy horizontal bands in shades of blue, ranging from a light sky blue to a dark navy blue.

## Our burn facility

Our ward has 22 inpatient beds where we have a mixture of plastic surgery patients and burns patients. We have a dedicated dressing clinic near to ward 4 where you will have a follow up appointment after you are discharged. We also have a dedicated burns and plastics theatre 'Charles Beard Theatre' should you require surgery.

## What to expect

1. The doctor on call will assess your injury and make notes of any medical history and the circumstances of your injury. The doctor will then inform you of your management plan. You may be admitted to the ward as an inpatient depending on your burn injury, or you may be asked to attend as an outpatient within our burns management clinic's or dressing clinic's.
2. During your assessment you will have wound swabs taken to determine any signs of wound infection and our medical illustration team will take photographs of the injury which will be included in your medical notes for future reference.
3. A burn injury should be re-assessed within 48 hours to give the medical/nursing team an idea of the burn depth and future treatment plan, so it is important that you attend future clinic appointments for review.

## Important points

1. Please follow the instructions from the medical/nursing team
2. Please elevate the injured area to allow for any swelling to reduce.
3. The medical/nursing team will apply your wound dressings, if you experience any sensitivity like increased pain, itching redness or swelling it may be a reaction to the wound dressing which will need to be changed.

4. Please avoid touching the wound to reduce wound infection.
5. It is important that with any burn injury that you continue to mobilise to reduce the risks of developing any stiffness around the joints.
6. We advise you not to smoke as this will affect the ability of your wound to heal.

## Important information following your burn injury

### Nutrition

Adequate nutrition is important for wound healing. Foods rich in proteins and vitamins are essential. Eat foods such as vegetables, fruit, meat, fish, eggs, beans, milk and other dairy products.

To provide energy, take foods and drinks high in fat and sugar such as bread, rice, potatoes and grains. If you are admitted to the ward you will be referred to a dietician who will devise an individual regime and discuss your progress throughout your hospital stay.

### Pain relief

Following your burn injury you may experience pain depending on your injury. It is important that you advise the medical and nursing team of any increased pain so that suitable pain relief can be offered, please follow the pharmacy instructions. We may need to refer you to the Trusts Pain Team.

### Physiotherapy

If you have a burn to your arms or legs you will be reviewed by our ward physiotherapists who will provide exercises for you to follow to ensure that you maintain adequate movements. The physiotherapists will continue their plan according to individual needs. Some people require hand therapy and splinting to some areas which will be discussed on an individual basis.

## **Clinical psychology**

Following any traumatic event, it is normal to feel distressed or anxious either by the event or by the resulting scarring. Please speak our staff who will support you.

If you are admitted to the ward a psychosocial screening assessment will be conducted to ensure you receive any necessary support.

We also have a clinical psychologist within the department, if you want to be referred, please speak to your medical nursing team.

## **Scar management**

Depending on the amount of skin and tissue damage following your burn injury you may be left with a permanent visible scar which may improve over a period of 18 months.

We advise that once the wound is healed you massage it 3-4 times daily in a circular motion using non-perfumed moisturising cream.

It is recommended that you avoid exposure to the sun and apply a sun block or at least a factor 50 sun screen as the scar will be sensitive.

Our Occupational Therapy service offers a scar management service; if you want to be referred please inform the medical/nursing team.

## **Cosmetic camouflage**

Once your wound has healed you may be referred to the cosmetic camouflage service.

## **Safeguarding**

We have a dedicated safeguarding team within our Trust. On some occasions they might be involved in your plan of care.

## **Return to work and driving post burn injury**

Following your injury our medical team will advise you when it is appropriate to return to work and will provide you with a fitness to work note if required. Your GP can supply you with further sick notes if required. Please contact your insurance company prior to driving to ensure they will cover you while undergoing hospital care.

## Discharge advice

Please contact the department to seek medical advice if you experience any excessive pain, swelling, tenderness, offensive odour, increased oozing from the wound or if you feel feverish or generally unwell, as this might be a sign of infection.

The ward may also be contacted if you have any concerns regarding your initial injury.

Any concerns can also be dealt with by contacting 111.

Please see the sources of further information below which includes the NHS websites for signs of sepsis and toxic shock syndrome.

Support sites are also available.

## Follow on care

You may be asked to attend a Multidisciplinary team review which would include the burns consultant, burns clinical nurse specialist, physiotherapy, occupational therapy and clinical psychology to ensure that all your care needs are being met and discuss on an individual basis.

## Travel abroad

Please liaise with the medical team and your travel insurance company for advice regarding travelling with your burn injury.

## Contact details

Should you require further advice or information please telephone:

Burn consultant - please contact burns specialist nurse who will direct your inquiry:

Burns specialist nurse: **01772 528188 Bleep 1016**

Ward 4 Burns and Plastics: **01772 522244**

Dietician office: **01772 522467**

Clinical psychologist: **01772 522865**

Physiotherapy department: **01772 716565 – bleep 2876**

Occupational therapist: **01772 522379**

Ward 4: **01772 522244**

Dressing clinic/burns management clinic: **01772 523542** Mon – Fri  
9am-5pm.

Burns clerk for follow up burns management clinic: **01772 528188**

## Sources of further information

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

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

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.nhs.uk/conditions/Toxic-shock-syndrome/pages/introduction.aspx](http://www.nhs.uk/conditions/Toxic-shock-syndrome/pages/introduction.aspx)

[www.nhs.uk/conditions/sepsis](http://www.nhs.uk/conditions/sepsis)

## Support websites

[www.changingfaces.org.uk](http://www.changingfaces.org.uk)

[www.katiepiperfoundation.org.uk/support-Links-burns](http://www.katiepiperfoundation.org.uk/support-Links-burns)

[www.adultburnsupportuk.org](http://www.adultburnsupportuk.org)

[www.britishburnassociation.org/links-with-other-organisations](http://www.britishburnassociation.org/links-with-other-organisations)

Follow us on social media **@lancshospitals**

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All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

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**Division:** Surgery

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