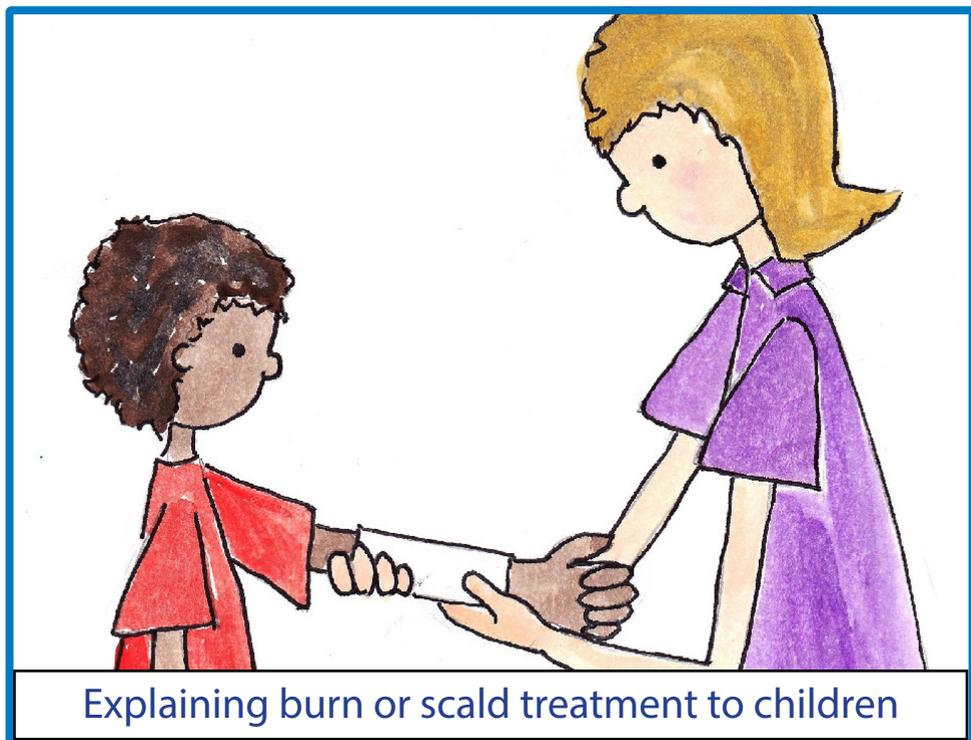


Bobby has a burn



Explaining burn or scald treatment to children

Written and Illustrated by
Chriscelle Calladine

Hello Bobby.
I can see you have a
burn.



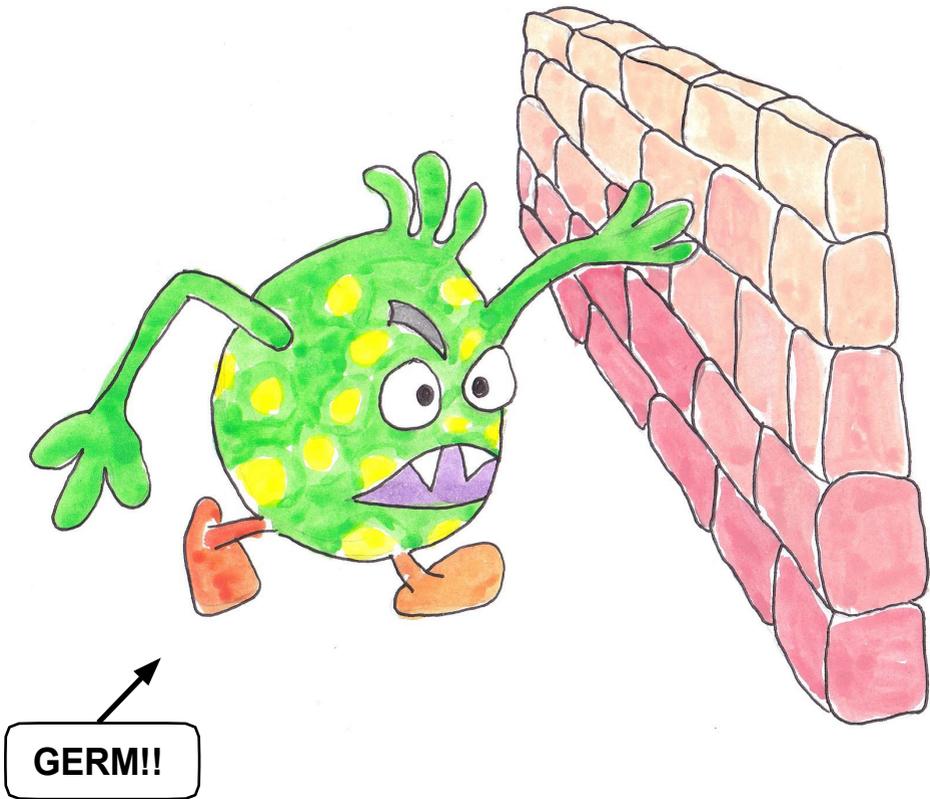
We will need to take off
your bandage to have a look.

Then we will decide the best
way to make it better.

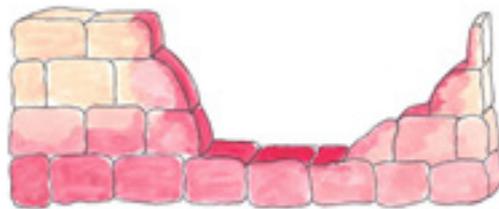
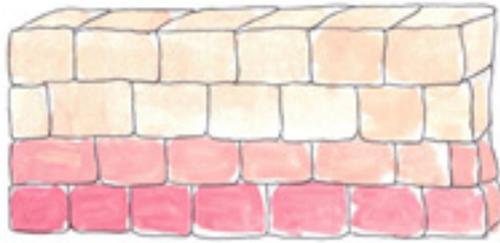
What happens to skin when it gets burned?

Skin is like a wall of different sized, soft, spongy bricks. It is all around the body and has lots of jobs like:

- keeping out germs
- keeping in moisture
- keeping the body just the right temperature.



When the wall gets hurt or burned, the hole in the wall then needs to be mended as quickly as possible... the hole in the wall is called a wound.



The body starts to fill the wound with special bricks.



Sometimes the body can do this by itself, but sometimes it needs the doctors and nurses to help.

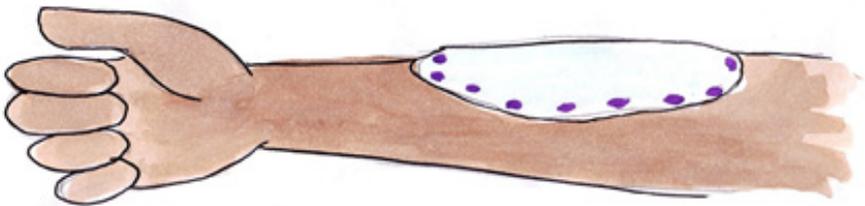
The first thing is giving it a really good clean.

Sometimes the best way to do this is when you have a special sleep.



The doctors and nurses then have a look to decide what needs to be done.

They may put a special covering called a dressing on your wound.



This keeps it clean and protected while the body mends the wall from underneath.

When that is done, the dressings come off!

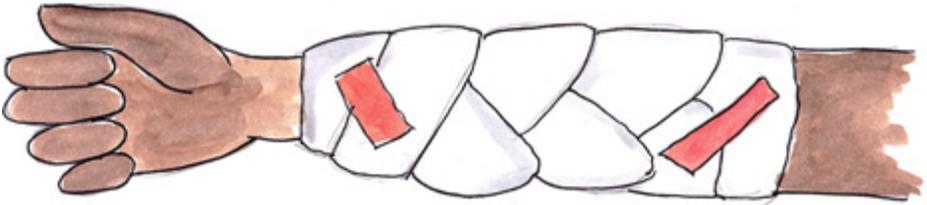


If the wound is a bit deeper, sometimes the doctor will help the wall to mend quicker by getting some skin bricks from somewhere else on your body. This is called a skin graft.



This is called a donor site

Then the wound is covered with special dressings and bandages to keep everything nice and clean.

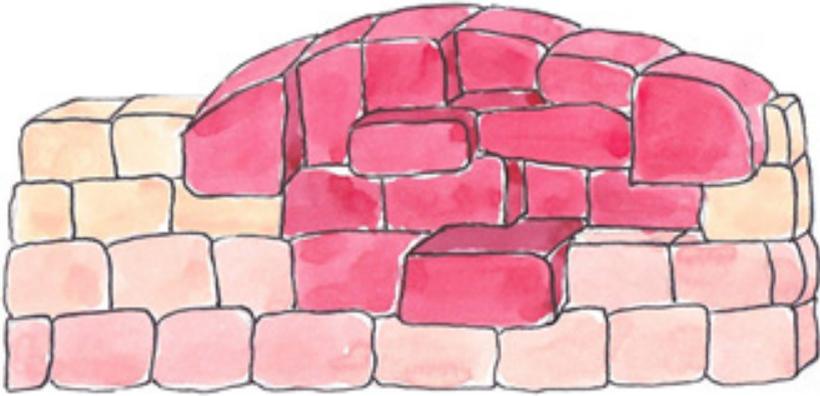


Dressings will need to be changed often. This will be done by a nurse or doctor in hospital, a doctor's surgery or by your mummy or daddy at home.



You may have a bath or a shower when the dressings are changed.

Okay, back to the skin...



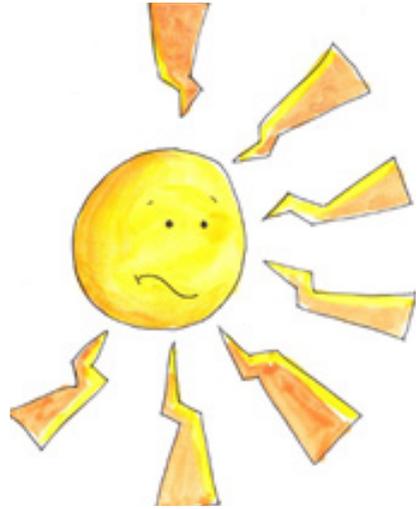
When the wall is all mended it is then called a scar...



...it still needs to be looked after carefully.

Scars easily get dry and itchy, so they need lots of cream rubbing into them.

Scars also need to be kept out of the sun because sunlight can make them change to a darker colour – forever!



You may need to see our therapists for some help with looking after the scar.



These are some of the people you may see:

Therapist

A therapist will check that you are moving okay where you have had the burn.



Psychologist

Having a burn can make you feel very sad and worried. Our psychologist can help you talk through your worries.

Children's Burns Club

This is a special club where you can talk to other children who have had a burn.



Support groups

Changing Faces

www.changingfaces.org.uk

Children's Burns Club

www.meht.nhs.uk/our-charity/about-us/childrensburns-club

Children's Burns Trust

www.cbtrust.org.uk

Children's Burn Camps

<http://www.britishburnassociation.org/burn-camps>

**St Andrews Burns Service
Broomfield Hospital (Chelmsford)**

Adults 01245 516186

Children 01245 516973

Outpatients 01245 516008

Chelsea & Westminster Hospital (London)

Adults 0203 3153785

Children 02033 153706 / 0203 3153707

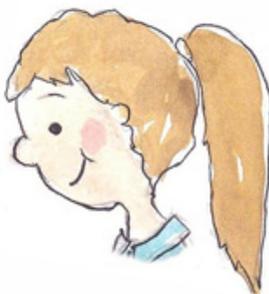
Queen Victoria Hospital (East Grinstead)

Adults 01342 414440

Children 01342 414469

Stoke Mandeville Hospital (Aylesbury)

Adults and Children 01296 315040



This leaflet has been produced with input from children who have suffered burns and similar injuries.

Adapted with permission from University Hospitals Bristol

www.lsebn.nhs.uk

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