# Initial Management of Burn Wounds

Telephone support and advice on wound care following burn injury is available at all times.

## FIRST AID

Cool with running tap water for 20 minutes within 3 hours of injury. If limited water supply, apply a cool water compress, change frequently over 20 minute period. Irrigate chemical from skin/eyes immediately with warm running water for at least 15 mins. Do not use ice/iced water/ice packs.

## PREPARE

Provide appropriate analgesia. Check Tetanus immunisation status. Remove any non-adherent clothing and jewellery. Clean wound with tap water or Normal Saline. Remove all loose and non-viable tissue and debris. Refer to Blister Management Guideline. Routine antibiotic prophylaxis **not** required.

## BURN

<table>
<thead>
<tr>
<th>SUPERFICIAL/ERYTHEMA</th>
<th>SUPERFICIAL PARTIAL THICKNESS</th>
<th>DEEP DERMAL</th>
<th>FULL THICKNESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Involves epidermis only</td>
<td>Pale pink/red</td>
<td>Dark pink/red or white</td>
<td>White, black, brown or yellow</td>
</tr>
<tr>
<td>Red</td>
<td>Brisk capillary refill</td>
<td>Mottled, stained, cherry red</td>
<td>Dry and leathery</td>
</tr>
<tr>
<td>Skin is dry and intact</td>
<td>Exudate present</td>
<td>Delayed or absent</td>
<td>Thrombosed vessels may be visible</td>
</tr>
<tr>
<td>No blisters</td>
<td>Intact or collapsed blisters may be present</td>
<td>capillary refill</td>
<td>Eschar may be present</td>
</tr>
<tr>
<td>Painful</td>
<td>Painful</td>
<td>Dull/variable sensation</td>
<td>No capillary refill</td>
</tr>
</tbody>
</table>

## ASSESS DEPTH

<table>
<thead>
<tr>
<th>INITIAL PRIMARY DRESSING</th>
<th>INITIAL SECONDARY DRESSING</th>
<th>FOLLOW UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moisturise with non-perfumed soothing gels/creams, Aloe Vera or After Sun to non-broken skin</td>
<td>Manage excess exudate in the first 72 hours with absorbent dressing: • Gauze • Foam • Secure with non constrictive: • Adhesive tape dressing • Crepe bandage • Tubular bandage</td>
<td>Provide analgesia</td>
</tr>
<tr>
<td></td>
<td>Advise: • Mobility exercises • Elevation of affected area at rest</td>
<td>Provide analgesia</td>
</tr>
</tbody>
</table>

## INITIAL SECONDARY DRESSING

Apply a light dressing if required for patient comfort.

## FOLLOW UP

Provide analgesia. If blistering develops advise patient to return for review. If healed, discharge.

Provide analgesia. Review wound in 48 hours, then according to dressing type used, at least every 3-5 days until healed.

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**CONTACT DETAILS**

**St Andrews Burns Service**
Broomfield Hospital (Chelmsford)
Adults/Children **01245 516037**

**Chelsea & Westminster Hospital (London)**
Adults **02033152500**
Children **02033153706**

**Queen Victoria Hospital (East Grinstead)**
Adults **01342 414440**
Children **01342 414469**

**Stoke Mandeville Hospital (Aylesbury)**
Adults and Children **01296 315040**

**REFERENCE**

Injuries that fall within the LSEBN Burn Referral Criteria should be discussed with the local Burn Service.

Approved by LSEBN CGG on December 2015.