

# Let's Talk About...

## Burn Care

### How do I care for silver sulfadiazine dressings (thermazine or silvadine)?

Change silver sulfadiazine dressings two times a day. This is very important to help healing and prevent infection.

Follow these steps to change the dressing:

- 1 Wash the burn using a mild soap, water, and washcloth. Remove all old ointments and any loose skin.
- 2 Blot dry.
- 3 Put on a thick coat of silver sulfadiazine over the burn site. It should look like icing on a cake. Cover the burn site with the smallest amount of gauze netting. Silver sulfadiazine works better when some air can get through the dressing.

### How do I care for Bacitracin and Adaptic™ (B&A) dressings?

Change Bacitracin and Adaptic dressings (also called nonadhering dressing) two times a day. This is important to help healing and prevent infection.

Follow these steps to change the dressing:

- 1 Wash the burn using a mild soap, water, and washcloth. Remove all old ointments and any loose skin.
- 2 Blot dry.
- 3 Put on a very thin coating of ointment to open areas only.
- 4 Put Adaptic dressing over the ointment; do not overlap excessively.
- 5 Cover with a minimal amount of Kerlix® wrap followed by netting.

### How do I care for face and neck burns?

- 1 Wash face and neck burns at least two times a day, removing all old ointment and any loose tissue.
- 2 Apply Bacitracin ointment to all open areas.
- 3 If the Bacitracin ointment rubs off during the day, reapply Bacitracin as often as needed to keep the wounds moist.

### How should I care for the burn site after it has healed?

When the burn site has healed, it will look pink and shiny with no drainage. Apply moisturizer and sun block as needed throughout the day. This will help prevent further injury to the site. If your child is playing in the water, apply sun block every 30 minutes.

### How do I know if the burn site is infected?

It is normal for a child to have a low-grade fever when there are burn injuries. Sometimes a burn wound infection develops (called cellulitis). This looks like a red patch spreading out from the burn wound. The surrounding skin will be warm and swollen. This infection is easily treated, but you should call the doctor right away if you see any signs of infection.

### Can my child bathe with a burn wound?

It is helpful, when caring for a burn, to have a daily bath. Shampoo and soaps will not harm the burn injury. Before you put your child in the tub, wash the burn using a mild soap, water, and washcloth. Remove all old ointments and any loose skin.

## **Will my child need to follow a special diet?**

Drinking liquids speeds healing. Encourage your child to drink more liquids by giving her juices and drinks high in protein and calories. Be sure your child eats well-balanced and nutritious meals.

## **Should my child take part in activities?**

Exercising the burned extremity decreases pain and swelling and promotes healing. Unless otherwise told, your child should join in normal activities.

## **How should I control my child's pain?**

Dressing changes can be painful, and medicine cannot take all the pain away. However, you may want to give your child pain medicine 30 minutes before you change her dressing.