

Burn Discharge Recommendations

- Leave dressings intact until follow up appointment in the burn clinic.
- Change dressings twice daily.
- At each dressing change remove dressing and wash burn with soap and water, using a washcloth. You may remove loose skin or yellow drainage when washing.
- Apply Bacitracin / Silvadene / Xeroform / _____
to the burn areas
- Cover with _____ and secure dressings in place.

Burn dressing tips and tricks

- Keep the burn covered at all times. Do not let the burn dry out
- Take pain pills 30-45 min prior to dressing changes
- Elevate extremities to help with swelling
- Low grade fevers up to 101 degrees are common
- Yellow drainage from burns are common

Call with concerns:

New pain or increase in pain
Redness that is hot to touch surrounding burn

You have an appointment scheduled for _____

Please call the St. Elizabeth's burn clinic for an appointment at **402.219.7717**
Please leave a name, date of birth and a good call back number.

*May take a pain pill 15-30 minutes prior to coming to your clinic appointment time.
This may help with pain during the clinic visit. If narcotic pain medication taken,
please have someone accompany you to your appointment.*