Minor Burns

First Aid Tips

- Remove all clothing and jewellery surrounding the burn (do not remove any clothing stuck to the burn)
- Place affected area under cool running water for 20 minutes
- Never apply ice, butter or creams to burns

Why use Moist Wound Healing?

- Allows the burn to stay bathed in its own fluid to assist with pain relief
- To prevent burns from drying out – no scabs
- Wounds are less likely to scar or at least produce a minimised appearance of scarring – reducing the human cost of burns

Help Prevent Scarring

- Once burns have healed, use CICA-CARE™ to help prevent scarring.

Always read the label and use as directed. If symptoms persist, consult your pharmacist.
Minor Burns

Minor burns are more common in winter and may involve:
- Iron burns
- Oven burns
- Scalds with hot liquids (most common in children and elderly)
- Flame burns (more common in adults)

Questions to Ask
- WHO has the burn?
- HOW did the burn occur?
- WHERE on the body is the burn?
- WHEN did the burn occur?
- WHAT allergies/sensitivities?
- ANY medication?

When to Refer
- Painless burn
- Chemical burn
- Infected burn
- Burn larger than a 20¢ piece on a child or larger than the size of the palm of the hand on an adult
- Burn is on the neck, hands, feet, face, groin or over a joint
- Burn is more than one week old

Treatment Tips

1. Keep a moist environment
   Apply SOLOSITE®

2. Reduce the risk of infection*
   Cover with OPSITE® Post-Op or CUTIFILM® Plus

Healing Minor Burns

Did you know that wounds that heal using moist wound healing principles are less likely to scar?

*Film dressings should not be applied to infected wounds