# Burns: Minor Burn Discharge Instructions

<table>
<thead>
<tr>
<th>Type of Burn</th>
<th>First Degree</th>
<th>Second Degree</th>
<th>Third and Fourth Degree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Description</td>
<td>Epidermal layer only; epidermis is red with no blister formation.</td>
<td>Destruction of epidermal and dermal layers, which are blistered, with subcutaneous edema and pain.</td>
<td>All layers of skin are destroyed; fat, muscle, nerves, blood supply, and bone may be affected.</td>
</tr>
</tbody>
</table>
| Signs/Symptoms | • Pain  
• Redness  
• Blanching with pressure  
• Normal texture | • Pain  
• Blisters  
• Redness  
• Blanching with pressure  
• Firm texture | • Dryness  
• Pale, white, brown, or red color  
• Charring  
• No capillary refill  
• No pain  
• Firm, leathery skin texture |
| Treatment Needed | See Instructions Below | Contact Grady Burn Center immediately, or if less than 10% involvement, see instructions below | Contact Grady Burn Center 404.616.BURN(2876) |
| Visual Identity | ![Image 1] | ![Image 2] | ![Image 3] |

You have a (first, second, third/fourth degree) burn that covers approximately __________% of your body. For optimal treatment, contact the **Grady Burn and Wound Outpatient Center**, where specially trained doctors and nursing staff are available to care for your burn injury. Patients of **ALL AGES** are treated, from babies to adults.

**Grady Burn and Wound Outpatient Center**
80 Jesse Hill Jr. Dr. SE  
3rd Floor Central Tower  
Atlanta, GA 30303  
**404 616 BURN (2876)**

**Medications prescribed:**
______________________________________ topical cream/ointment for daily wound care  
______________________________________ for pain control
Home Care Instructions
Burn injuries can be serious, and it is important to continue caring for your injury even after you have been treated by a doctor. Follow these instructions to be sure that your burn or wound heals as quickly and as safely as possible.

Wound/Incision Care
• Inspect the wound for signs of infection
• Cleanse wound with antibacterial soap using sterile gauze or a clean white cotton towel
• Apply any prescribed topical cream or ointment thickly enough to cover the wound to provide healing and prevent the dressing from adhering
• Apply sterile gauze and hold in place with a semi-elastic net or ace bandage with even pressure
• Avoid Exposure to direct sunlight, harsh detergent, and irritation by rubbing of clothing

Warning Signs – When to Call the Doctor
• Fever of more than 101.1 degrees Fahrenheit, extreme tiredness
• Redness, swelling, pain from burn area
• Bleeding, foul odor, green or yellow draining from the burn area

Activity
• Plan rest periods
• Maintain normal activity as tolerated
• Conduct active and passive range of motion exercises to prevent muscle wasting or contractures

Diet
• Eat a diet high in calories, protein, and vitamins to maintain weight and aid in healing (unless you have pre-existing restrictions)
• Drink lots of fluids