




BURN CENTER



Burns: Minor Burn Discharge Instructions

Type of Burn	First Degree	Second Degree	Third and Fourth Degree
Description	Epidermal layer only; epidermis is red with no blister formation.	Destruction of epidermal and dermal layers, which are blistered, with subcutaneous edema and pain.	All layers of skin are destroyed; fat, muscle, nerves, blood supply, and bone may be affected.
Signs/Symptoms	<ul style="list-style-type: none"> • Pain • Redness • Blanching with pressure • Normal texture 	<ul style="list-style-type: none"> • Pain • Blisters • Redness • Blanching with pressure • Firm texture 	<ul style="list-style-type: none"> • 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			

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

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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