



Burn Care Instructions **燙傷之護理指導**

Reviewed in September 2023

1. The area around the burn should be kept clean and dry, and avoid contact with water. Do not change the dressing or open the bandaged wound on your own to prevent contamination.
2. If the pain is severe, take medication as prescribed by the doctor.
3. Elevate the burned area to the level of the heart to promote blood circulation, which can help alleviate pain and swelling (you can use a pillow to prop up the burn).
4. For blisters around the burn, do not squeeze or puncture them with sharp objects. Follow the doctor's instructions and return to the outpatient clinic for a dressing change on time (daily).
5. Avoid using irritating cleaning agents or wearing tight clothing on the burn area.
6. As the wound heals, itching may occur. Avoid scratching, as it may lead to skin breakage and infection. You can relieve discomfort by gently tapping or using ice packs.
7. Consume a diet rich in protein and calorie, such as fish, milk, eggs, high-vitamin food, vegetables, and fruits, to promote wound healing.
8. The initial first aid for burns includes five steps of rinsing, removing, cooling, covering, and transporting. Do not apply any ointments or substances to the burn.
9. For burns caused by contact with chemicals, try to bring the chemicals to the hospital for the doctor's reference.
10. Burns may result in deformities or atrophy several weeks after the injury. Follow the doctor's instructions and begin rehabilitation therapy early.
11. Preventive measures:
 - (1) When taking a bath, start with cold water, then add hot water.
 - (2) Place containers of hot water in a safe spot at home, out of reach of infants and young children.
 - (3) The kitchen should have fire prevention and extinguishing measures, such as alarms and fire extinguishers.
 - (4) Keep flammable materials away from fire sources.

We wish you the speediest of recoveries

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