

Burn Care

Know how to care for your burn to prevent infection. Make sure you:

- Keep the burned area raised above the level of your heart.
- Keep the bandages clean and dry.
- Change the bandages each day. Follow these steps:
 1. Wash your hands well with soap and water before touching your burn or bandages.
 2. Remove the old bandages. If the old bandages stick to the burn, soak them off with warm water.
 3. Clean off the old cream or ointment with a washcloth wet with warm water and a gentle soap or baby shampoo. Try not to break blisters.
 4. Wash your hands again.
 5. Apply cream or ointment as directed by your doctor:
 - Apply silver sulfadiazine (Silvadene Cream) in a thin layer about the thickness of a nickel.
 - Apply _____ antibiotic ointment. Use just enough ointment to make the burn look shiny.
 6. Follow the direction from your doctor:
 - Do not cover your burn with a bandage.
 - Use non-stick gauze covered with several layers of dry gauze.
 - Use non-stick gauze over antibiotic cream or ointment then several layers of dry gauze.
 - Other _____

For burns on hands or feet, always place a layer of gauze between fingers or toes.

- Gently exercise the area four times a day by bending the joints 10-20 times. Gentle exercise helps prevent stiffness.
- Drink plenty of liquids, at least 10-12 glasses a day.

烧伤护理

了解如何护理烧伤以避免感染。请确定您：

- 将烧伤部分抬升高过心脏高度。
- 保持绷带洁净干爽。
- 每天换绷带。请遵守以下步骤：

1. 在触碰烧伤处或绷带之前先用肥皂和水好好洗手。
2. 解掉旧绷带。如果旧绷带粘住烧伤处，请用温水浸湿。
3. 用蘸湿温水和温和型肥皂或宝宝洗发精的毛巾洗去旧乳膏或软膏。请试着不要弄破水泡。
4. 再洗一次手。
5. 按医嘱涂上乳膏或软膏：

薄薄地涂上银磺胺嘧啶 (Silvadene 乳膏)，约涂一个镍币的厚度。

涂 _____ 抗生素软膏。将软膏涂得使烧伤处看起来光亮即可。

6. 请按医嘱进行：

不要用绷带覆住烧伤处。

请使用不粘纱布，再覆上几层干纱布。

涂抗菌素乳膏或软膏后使用不粘纱布，再覆上几层干纱布。

其他 _____

对于手或脚上的烧伤，总是在手指或脚趾间缠一层纱布。

- 一天轻柔地锻炼伤处四次，弯曲关节 10-20 次。轻柔的锻炼可防止僵硬。
- 喝大量液体，一天至少 10-12 杯。

- Eat extra protein found in meat, eggs, fish, chicken and dairy products. Eat foods high in Vitamin C such as fruits, especially citrus fruits, and vegetables. Good nutrition will help your burn heal.

Call your doctor **right away** if you have:

- Redness or swelling around the wound
- Red streaks going up your arm or leg
- Pus draining from the wound
- Fever greater than 101° F or 38° C
- Increasing pain or pain that is not relieved by medicine
- Foul odor noted **after** the wound has been cleaned and the old dressing has been thrown away

If you cannot reach your doctor, go to the Emergency Room.

- 额外多吃肉、蛋、鱼、鸡肉和乳制品中所含的蛋白质。吃富含维生素 C 的食物，如水果，尤其是柑橘类水果和蔬菜。好的营养将有助于您的烧伤痊愈。

如有以下症状，请**立刻**打电话给您的医生：

- 伤口周围发红或肿胀
- 红痕在手臂或腿部上升
- 伤口流出脓液
- 高于华氏 101 度或摄氏 38 度的发烧
- 疼痛加剧或药物不能减轻疼痛
- 创面得到清洁、旧的包扎已丢弃**之后**仍可闻到异味

如果找不到您的医生，请去急诊室。