

## Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

### Customer Services Department

Livewell Southwest  
Room AF3, Local Care Centre  
200 Mount Gould Road  
Plymouth  
PL4 7PY

**Tel:** 01752 435201

**Email:** [customerservicespch@nhs.net](mailto:customerservicespch@nhs.net)

## Contact details

**The Minor Injuries Units are open every day of the year, including Bank Holidays.**

### Minor Injuries Unit Cumberland Centre

Damerel Close  
Plymouth  
PL1 4JZ

**Tel:** 01752 434390

**Opening times:** 8:30am - 9pm

### Minor Injuries Unit South Hams Hospital

Plymouth Road  
Kingsbridge  
TQ7 1AT

**Tel:** 01548 852349

**Opening times:** 9am - 5pm

### Minor Injuries Unit Tavistock Hospital

Spring Hill  
Tavistock  
PL19 8LD

**Tel:** 01822 612233

**Opening times:** 8am - 10pm

[www.livewellsouthwest.co.uk](http://www.livewellsouthwest.co.uk)

 Livewell Southwest

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# Burn and Scald Care Information & Advice



## Minor Injuries Unit

Cumberland Centre  
South Hams Hospital  
Tavistock Hospital

## General information

1. Do not pick any scabs or blisters.
2. Eat a healthy diet with plenty of fruit and vegetables.
3. Drink plenty of water or squash.
4. Please take simple pain relief such as **paracetamol or ibuprofen**. If this does not control your pain return to the MIU or contact your GP.
5. Treat the burn area gently for some time.
6. Apply **E45 or a decent moisturiser (i.e. Epiderm)** to your burn on a regular basis.
7. Do not expose the area burnt to strong sunlight or UV light for up to 24 months.
8. Use a high factor or total sun block on your burn area when exposed to sunlight.
9. Any burn area may remain discoloured for up to 12 months and this tends to be more evident in cold weather.

## Burn and scald advice

1. Burns to hands / feet digits may be treated individually and very young children may have a mitten.
2. Keep the dressing and burn clean and dry - wash around the area if possible.
3. Follow any limb elevation advice given to you.
4. Keep the dressing in place and do not disturb it.

## Scar management / sun care advice

When healed, cream and massage the area with an emollient such as **E45 / decent moisturiser (i.e. Epiderm)** twice a day until the skin returns back to the appearance of surrounding skin.

Avoid direct sunlight for 2 years.

Always protect area with clothing (hats / t-shirts etc) and use high factor sun cream.

**If you are worried or have any of the following, you should return to the MIU, see your GP or go to your local Accident & Emergency Department.**

- High temperature
- Rash
- Diarrhoea and vomiting
- General malaise
- Rapid breathing and / or pulse

### Return to MIU if:

- Increasing pain, redness or swelling spreading from the wound.
- Any discharge or bleeding from the wound.
- If you accidentally get your dressing wet or it leaks through.