



Clinic PHARMACY

OF WEST SALEM

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Treating Burns

There are a variety of remedies used to treat burns. However, some of these may not be helpful, and may be in fact harmful. **The key to treating burns is to act fast: cool the burned area, and prevent an infection from occurring.**

The least serious burns, classified as *first degree*, turn the skin red and painful. *Second-degree* burns are more painful and cause blistering of the skin. Both *first and second-degree* burns can easily and safely treated at home. However, a physician should check blistering burns on the hand larger than a half dollar or any burn larger than the palm of you hand that occurs anywhere on your body. Similarly, any *second-degree* burn on your face, or groin area requires professional attention. Any burn that looks white or blackened (*third degree burns*) require **immediate** medical attention.

For less severe burns, the first treatment should be to cool the affected area by getting the burn into cold water, or applying an ice pack for at least several minutes. This serves to lower the temperature of the burn to prevent the transmitted heat from continuing to harm your skin. While keeping the area cool for longer periods of time does nothing to lessen the damage, it does help ease the pain.

Wash burned areas with soap and water, and apply a generous amount of **antibiotics** cream to prevent infection, and cover with a sterile gauze dressing. If the burn is on your face, apply enough antibiotic cream to protect the area, as dressings applied to the face often do not stay in place very well. As the burn heals, wash the area with soap and water once daily, applying a new layer of antibiotic cream and a fresh dressing. **DO NOT** open blisters that may form because of the potential of infection. Burned areas, even when healed, are extremely sensitive to sunlight and should be protected for several months before exposure.

Should you have any questions about this or other health-related topics, contact the pharmacists at **Clinic Pharmacy of West Salem.**

Thanks again for allowing us to earn your trust and serve you.

Sincerely,

George F. Christainsen, R.Ph.

Clinic Pharmacy of West Salem

Where the pharmacists pride themselves on providing you with the time you need to get your medication questions answered