

Burns Team Contact Details

For more information about any of the services please contact a member of the Burns Team.

Burns Unit
Tel: 0151 252 5400
Open 24 hours seven days a week

Occupational Therapy Dept
Tel: 0151 252 5453
Open Monday-Friday
9.00 am-5.00 pm

Physiotherapy Dept
Tel: 0151 252 5236
Open Monday-Friday
9.00 am-5.00 pm

Psychology Dept
Tel: 0151 252 5586
Open Monday-Friday
9.00 am-5.00 pm

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.



Alder Hey Children's
NHS Foundation Trust

East Prescott Road
Liverpool
L14 5AB
Tel: 0151 228 4811
www.alderhey.nhs.uk



Alder Hey Children's
NHS Foundation Trust

Burns Unit

Follow up after leaving hospital

Information for patients, parents and carers



You may still be wearing dressings to protect the wound and this will require you to return to the hospital sometimes twice per week to have these dressings changed.

You will be given an appointment to come to:

- the ward if you need strong painkillers
- the outpatient department if you only require medication you can take at home

Once your burn is fully healed and you no longer require dressings you will be discharged from dressing clinic. If your burn was superficial and healed very quickly, for instance in less than 2 weeks, we will not give you any further appointments.

If your burn took longer than 2 weeks to heal or you had a skin graft, we will need to continue to see you at regular intervals in our scar clinic. We will assess your progress and when necessary offer you some treatment to help improve the appearance of any scarring.

A range of treatment and exercise may be recommended for you.

It is important to follow guidance as failure to do so may increase the risk of poor scarring and contractures (tightness).

You will be asked to attend the following clinics.

Burn Review

This will be approximately 4 weeks after your burn has healed. You will see either the doctor or the Specialist Nurse and at this clinic, we will assess the progress of the healed burn and look for any early signs of scarring which may require treatment.

There are several treatment options for scarring including silicone gel, pressure garments or sometimes laser therapy. The options will be discussed with you and the most appropriate one commenced. If no further treatment is required you may be discharged from this clinic.

Scar Treatment Clinic

If you are started on any scar treatments, you will attend this clinic in addition to the consultant clinics. In these clinics, you will see nurses who are experienced in scar treatments and who will give you all the information on how the treatments work and how they should be applied, and who will continue to monitor how the treatments are progressing.

The following pages will allow you to keep a record of your appointments so you know when you are next due to be seen. If you think you have missed an appointment or if we give you 2 appointments to these clinics very close together, please let us know, so we can arrange the appointments better for you.

Appointments

Appointment Next Due (days,weeks,months) _____

Dressing Clinic Burn Review Scar Clinic Scar Treatment Psychology Therapy clinic

Day _____ Date _____ Time _____

Location _____

Appointment Next Due (days,weeks,months) _____

Dressing Clinic Burn Review Scar Clinic Scar Treatment Psychology Therapy clinic

Day _____ Date _____ Time _____

Location _____

Appointment Next Due (days,weeks,months) _____

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