

Burns

How to classify burn degree??

First-degree burn

The least serious burns are those in which only the outer layer of skin (epidermis) is burned. The skin is usually red, with swelling and pain sometimes present. The outer layer of skin hasn't been burned through.

Second-degree burn

When the first layer of skin has been burned through and the second layer of skin (dermis) also is burned, the injury is termed a second-degree burn. Blisters develop and the skin takes on an intensely reddened, splotchy appearance. Second-degree burns produce severe pain and swelling.

Third-degree burn

The most serious burns are painless and involve all layers of the skin. Fat, muscle and even bone may be affected. Areas may be charred black or appear dry and white. Difficulty inhaling and exhaling, carbon monoxide poisoning or other toxic effects may occur if smoke inhalation accompanies the burn.

When to consider the burn as minor??

- First-degree burn is a minor burn unless it involves substantial portions of the hands, feet, face, groin or buttocks, or a major joint.
- Second-degree burn, when it is no larger than 2 to 3 inches in diameter, is a minor burn. If the burned area is larger or if the burn is on the hands, feet, face, groin or buttocks, or over a major joint, get medical help immediately

How to treat minor burns??

- **Cool the burn.** Hold the burned area under cold running water for at least 5 minutes, or until the pain subsides. If this is impractical, immerse the burn in cold water or cool it with cold compresses. Cooling the burn reduces swelling by conducting heat away from the skin. Don't put ice on the burn.
- **Cover the burn with a sterile gauze bandage.** Don't use fluffy cotton, which may irritate the skin. Wrap the gauze loosely to avoid putting pressure on

burned skin. Bandaging keeps air off the burned skin, reduces pain and protects blistered skin.

- **Take an over-the-counter pain reliever.** These include aspirin, ibuprofen, naproxen or acetaminophen. Never give aspirin to children or teenagers.

Minor burns usually heal without further treatment. They may heal with pigment changes, meaning the healed area may be a different color from the surrounding skin. Watch for signs of infection, such as increased pain, redness, fever, swelling or oozing. If infection develops, seek medical help. Avoid re-injuring or tanning if the burns are less than a year old — doing so may cause more extensive pigmentation changes. Use sunscreen on the area for at least a year.

DONTS!!!!

- **Don't use ice.** Putting ice directly on a burn can cause frostbite, further damaging your skin.
- **Don't break blisters.** Broken blisters are vulnerable to infection.

How to deal with a major burn???

Call for emergency medical assistance. Until an emergency unit arrives, follow these steps:

1. **Don't remove burnt clothing.** However, do make sure the victim is no longer in contact with smoldering materials or exposed to smoke or heat.
2. **Don't immerse severe large burns in cold water.** Doing so could cause shock.
3. **Cover the area of the burn.** Use a cool, moist, sterile bandage; clean, moist cloth; or moist towels.