

Family Medicine and Primary Care Centre

Hong Kong Sanatorium & Hospital

G/F, Li Shu Pui Block
2 Village Road, Happy Valley, Hong Kong
Tel: (852) 2835 8600 Fax: (852) 2892 7506
opd@hksh-hospital.com
www.hksh-hospital.com

HKSH Healthcare Island West

Shop Unit No.229, Podium Level 2
The Westwood, 8 Belcher's Street, Hong Kong
Tel: (852) 2267 8300 Fax: (852) 2892 7586
fmciw@hksh-healthcare.com

Central

3/F, Chuang's Tower
Nos.30-32 Connaught Road Central, Hong Kong
Tel: (852) 2523 7887 Fax: (852) 2523 7873
fmccn@hksh-healthcare.com

North Point

3/F, The Tanner Hill
8 Tanner Road, North Point, Hong Kong
Tel: (852) 2219 9012 Fax: (852) 2892 7572
fmcth@hksh-healthcare.com

Taikoo

Shop B & C, The Splendid Place
39 Tai Koo Shing Road, Quarry Bay, Hong Kong
Tel: (852) 2563 6655 Fax: (852) 2892 7560
fmctk@hksh-healthcare.com

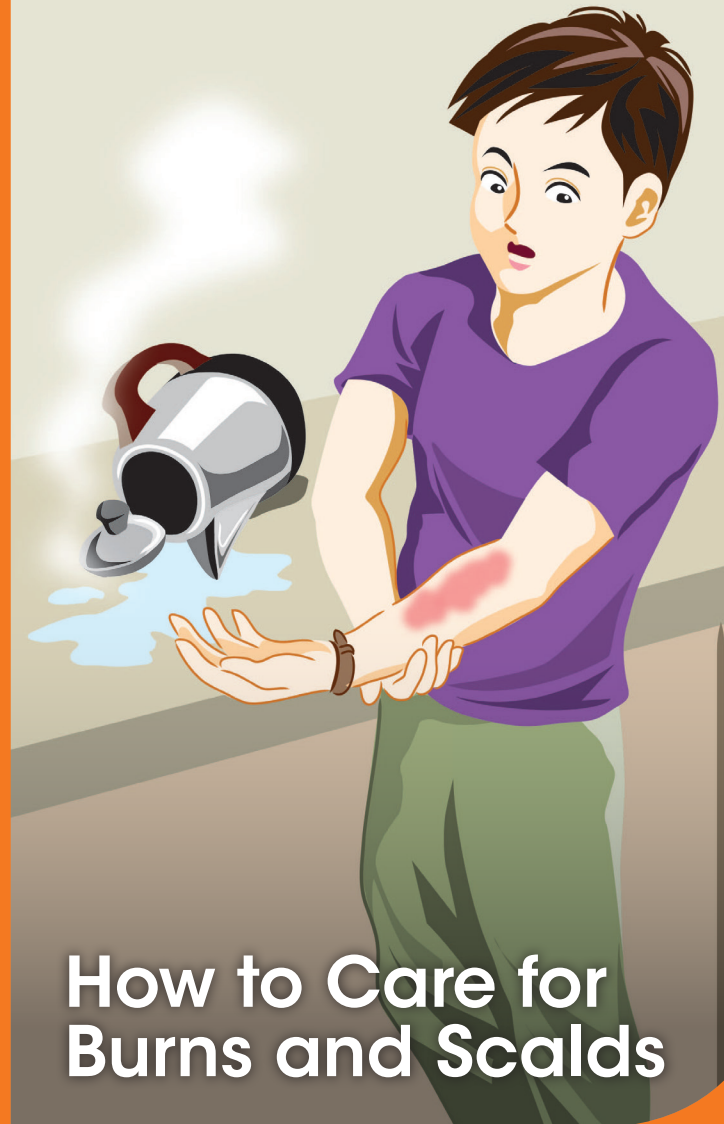
www.hksh-healthcare.com

HKSH Eastern Medical Centre Island East

5/F, Li Shu Fong Building
5 A Kung Ngam Village Road, Shau Kei Wan, Hong Kong
Tel: (852) 2917 1180 Fax: (852) 2892 7403
fmc@hksh-emc.com
www.hksh-emc.com

For enquiries and appointments,
please contact us

OPD.0311.H/E-05-042019



How to Care for Burns and Scalds

What is a Burn ?

A burn is an injury to the skin from heat, electricity, flames, sun exposure, heated objects or dry heat from chemicals.

What is a Scald?

A scald is a burn to the skin from hot liquids or steam.

Types of Burns

First-degree burns:

They affect only the outer layer of the skin, causing redness and severe pain.

Second-degree burns:

They affect both the outer and underlying layer of skin, causing blisters, redness and swelling.

Third-degree burns:

They extend into deeper tissues, causing white or blackened, charred skin that may be numb to pain.

Home Care for Minor Burns and Scalds

1. Calm and reassure the person



2. Run cool water over the area of the burn or soak it in a cool water bath for 10 minutes



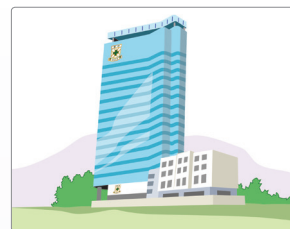
3. Remove clothing or accessories that are close to the burn before swelling



4. Cover and wrap over the burn with clean or sterile dressing (non-woven)



5. Get medical help from a nearby hospital



In Case of Burns or Scalds

- DO NOT apply woven dressing or sticky bandage to a burn
- DO NOT apply ointment, Vaseline, toothpaste, cream, oil or any household remedy to a burn
- DO NOT break the blisters to prevent wound infection
- DO NOT apply ice to a burn. This can cause damage to the skin tissues
- DO NOT tear off the clothing from a burn. This can cause damage to the skin and wound infection