Emergency Room burn discharge information

Wound care for healing burns

Xeroform and antibiotic ointment – If needed, take a pain medication 30 minutes prior to dressing changes. Gently wash the burn area with soap (non-fragrance) and water, removing all old ointment and loose pieces of skin. Lay out enough Xeroform to cover the area of burn with a 1-inch overlap onto healthy skin. Spread a complete layer of antibiotic ointment on the Xeroform. Apply to burns, ointment side to the wound. Hold in place with Kerlix or other clean gauze. If the burn is on the face, apply the ointment directly to the burn 3x per day. Keep healing burns moist, do not let them dry out or become covered with scab. This will slow healing, increase pain, increase tissue loss, and prevent you from progressing in therapy if scabs are across joints.

Swelling (edema)

Swelling can occur when arms or legs are involved and kept down in a dependent position. Swelling also causes an increased risk of infection when the burns are still open. Even after the burns heal, the swelling can cause throbbing and pain. This circulation problem usually corrects itself within a few months. Exercise in moderation and elevate the affected body part when sitting or lying down to help minimize the swelling.

Signs of Infection

• Fever
• Increased pain or swelling
• Foul odor
• Green drainage
• Increased redness in the skin around your wounds

Contact us

Children's Hospital Burn Center
200 Henry Clay Ave.
New Orleans, LA 70118
CHburn@LCMChealth.org
Phone: 504.896.9756
Fax: 504.896.3979

Dedicated provider referral line
Phone: 504.894.6778
Fax: 504.896.2704
Transfer Center
855.246.6521

Outpatient Rehabilitation Services (Physical and Occupational Therapy)
Main Campus
200 Henry Clay Ave., New Orleans, LA 70118
Phone: 504.896.9557
Metairie
4310 Waverly St., Metairie, LA 70006
Phone: 504.896.9551
Covington
5025 Keystone Blvd., Covington, LA 70433
Phone: 985.317.6000

Pediatric Burn Medical Director
Nicole Kopari, MD
nicole.kopari@LCMChealth.org

Children's Hospital
New Orleans
LCMC Health