

## Rationale

- Minor burns and scalds can be treated without the need for a GP consultation or prescription in the first instance. Depending on the severity of the burn they can easily be treated at home with simple advice and over the counter (OTC) products.

## Recommendations for clinicians

- Provide the patient with a 'non-prescription' sheet or a patient information leaflet to promote education about self-limiting conditions suitable for self-care when appropriate. See: <https://www.nhs.uk/conditions/burns-and-scalds/>
- Advise patients of safe and effective self-care measures:
  - Remove heat source and hold burn under cool or tepid running water (not ice or iced water) for 10-20 minutes
  - Remove clothes/garments/jewellery if possible
  - Leave open or, if likely to get dirty, cover with non-adhesive dressing or cling film
  - If necessary for pain, take regular analgesia e.g. paracetamol or ibuprofen
  - Do not apply creams, ointments or any greasy substance e.g. butter to burns
  - In children under 5 years old, advise parent to discuss with health visitor
- Patients should seek urgent medical attention if:
  - The burn is on the face, hands, feet, genitals
  - The burn is a larger than their hand or is a chemical or electrical burn
  - The burn has caused white or charred skin
  - If in doubt about severity or depth of burn

### Example of products available to buy over the counter\*

#### Analgesics

Paracetamol (tablets) - **Not licensed for under 10 years (25p-£3 for 16 tablets/capsules)**

Paracetamol (suspension) – **Not licensed for under 2 months (£2.50-£4.50 for 100ml)**

Ibuprofen (tablets) – **Not licensed under the age of 12 years (35p-£4.00 for 16 tablets/capsules)**

Ibuprofen (suspension) – **Not licensed for under 3 months (£2.50-£4.00 for 100ml)**

For further information see Self-care forum <http://www.selfcareforum.org/>, NHS UK <https://www.nhs.uk/conditions/>, Patient UK <https://patient.info/>

\*Prices correct at time of writing and are subject to change

