



Support from Emanuel Medical Center Foundation helped to make this information possible. If you would like to support the work of Emanuel, please contact the Foundation at P.O. Box 4484, Portland, OR 97208 or call 503-413-2786.

Oregon Burn Center



3001 N. Gantenbein Avenue
Portland, Oregon 97227

(503) 413-4232

Toll free 1-888-598-4232

Legacy Health System, a nonprofit organization, includes Emanuel Hospital & Health Center, Emanuel Children's Hospital, Good Samaritan Hospital & Medical Center, Meridian Park Hospital, Mount Hood Medical Center, Visiting Nurse Association, Legacy Clinics and CareMark/Managed HealthCare Northwest PPO. ©2002 Printed on recycled paper.

FIRST AID FOR BURNS



Oregon
Burn Center



*The only one in Oregon.
Only at Emanuel.*

FIRST AID FOR BURNS

Burns not needing immediate medical treatment:

1. Burns covering only a small area of the body, reddened and/or with blisters less than size of palm.

Treatment

- Cool with water (do not use ice) for 10-15 minutes.
- Wash well with mild soap and water.
- Leave blisters intact.
- Cover with a clean soft bandage—this will decrease pain.
- Apply antibiotic ointment.
- Give acetaminophen (Tylenol), ibuprophen (Motrin, Advil) or aspirin according to the directions on the container—**no aspirin for children.**
- Elevate burned arm or leg, if possible.

2. Sunburn

Treatment

- Lukewarm baths or compresses.
- May apply mild lotion (not containing alcohol).
- Increase fluid intake.
- Give acetaminophen (Tylenol), ibuprophen (Motrin, Advil) or aspirin according to the directions on the container—**no aspirin for children.**
- If legs are involved, elevate to reduce pain and swelling.

Call your physician if:

- Nausea or vomiting occurs.
- Persistent fever of 102° F or over.
- Redness around burn increases after first 24 hours.
- Increase in pain after first 24 hours.

Burns needing immediate medical attention:

Burns involving large areas of body—burns of face, hands or feet—electrical current injury—any burn with other injuries or with associated breathing problems.

- Extinguish fire; make sure all clothing is extinguished.
- Remove any clothing that has been burned.
- Call Fire Department or Paramedic for large burns.
- Cool burns less than the size of arm with cool water for 10 minutes.
- Do not put anything on burned area.
- If burn is of large portion of body, keep patient calm, comfortable and warm—cover with clean sheet or blanket.

When in question as to severity of burn, call your family physician, go to an emergency department, or call the Oregon Burn Center.

If you have any questions please call the Oregon Burn Center (503) 413-4232 or Toll free 1-888-598-4232.

