

How to Care for Burns and Scalds

For enquiries and appointments, please contact us

HKSH Healthcare Family Medicine and Primary Care Centre

Central

📍 2/F, Chuang's Tower
Nos.30-32 Connaught Road Central, Hong Kong
☎ (852) 2523 7887 📠 (852) 2523 7873
✉ fmccn@hksh-healthcare.com

Service Hours

Monday to Friday: 9:30 am - 1:30 pm
2:30 pm - 6:30 pm

Saturday: 9:00 am - 1:00 pm

Closed on Sundays and Public Holidays

Island West

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

Service Hours

Monday to Saturday: 10:00 am - 2:00 pm
3:00 pm - 7:00 pm

Closed on Sundays and Public Holidays

Taikoo

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

Service Hours

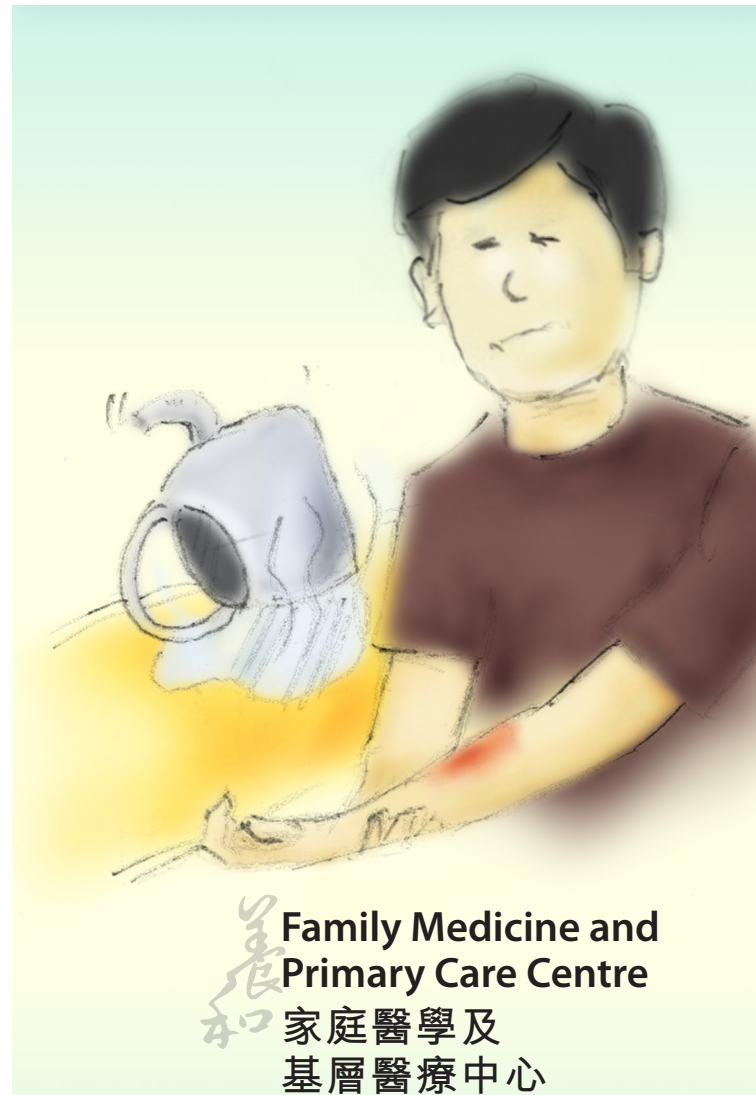
Monday to Saturday: 9:00 am - 2:00 pm
3:00 pm - 7:00 pm

Closed on Sundays and Public Holidays

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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.

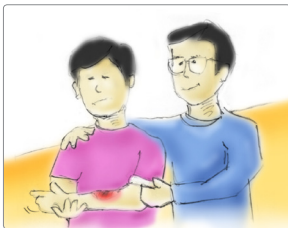
Second-degree burns :

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

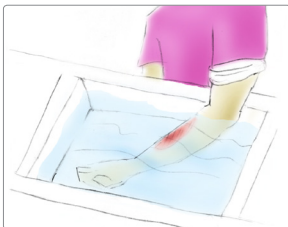
Third-degree burns :

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

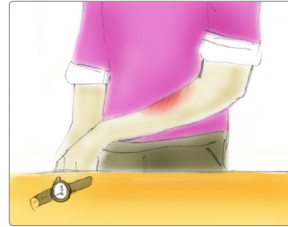
Home Care for Minor Burns and Scalds



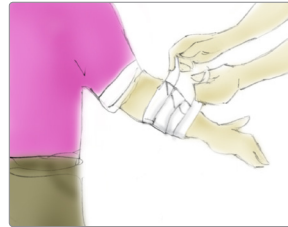
1. Calm and reassure the person



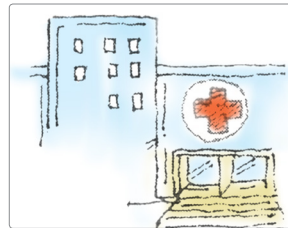
2. Run cool water over the area of the burn or soak it in a cool water bath for 10 minutes



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.