

Care for Minor Burns

You can treat a burn yourself, as long as it's not serious.

If it's a little redder than a sunburn and has some small blisters, home treatment should be all you need.

But if you have large, deep blisters, you need to see a doctor.

The first thing to do for a minor burn is to run cool water over it until the pain stops.

Don't use ice or ice water.

If it's easier, put the burned area in a sink or tub of cool water.

Or put a cool cloth over the burn if it's hard to get cool water on it.

Take off any jewelry or clothing near the burn in case you have swelling later that could make it hard to take things off.

Wash your hands before bandaging the burn and anytime you change the dressing.

Don't break the blisters or touch them with dirty hands, because they can get infected.

Use mild soap and water to clean the burn.

Pat the area dry with a clean cloth or gauze.

Use a little antibiotic ointment, like bacitracin, and then put a loose bandage over the burn.

Wash the burn and change the bandage twice a day or anytime the bandage gets wet.

And be sure to call your doctor if you have signs of infection, like more pain, swelling, redness or warmth near the burn, or red streaks leading from the burn.