

# BURN WOUND CARE WITH MEPILEX AG

Skin acts as a barrier against infection. Once you lose your skin, it increases your chance for infection to occur. The following are ways to prevent infection and other problems from occurring.

## First, let's talk about burns:

- Keep burned areas elevated above the level of the heart if possible.
- Take pain medications as directed.
- Antibiotics are not always ordered unless signs and symptoms of infection are present.
- If burns are to the lower legs and feet, apply ace wraps.
- It is common for arms and/or legs that are burned to hurt, throb, and/or tingle when using them. So, it is important to continue exercising your arms, legs, and hands if injured. This will prevent loss of movement.
- Wheelchairs and crutches are usually not ordered by your doctor.

## About Mepilex Ag

Mepilex Ag is a temporary dressing used for 2nd degree burns with a moderate amount of drainage. It is made of a sponge-like pad with an ingredient that helps prevent the dressing from sticking to the wound, and has an antibiotic layer of silver that is time released. This dressing can stay on for 5-7 days without being changed and will allow ease of movement.

## Application/Maintenance of Mepilex Ag

- Clean the wound with Dial soap and water and rinse.
- Dry the wound, especially around the edges of the wound.
- Peel the backing off of the dressing and apply the “sticky” part around non-burned edges covering the entire wound. The dressing may be cut to fit the size of the wound, or may be overlapped or placed side by side on larger wounds.
- Cover the dressings with absorbent gauze and secure with tape or burn net.
- Change the outer dressings daily depending on the amount of break through drainage.

- Leave on 5-7 days depending on amount of drainage. It may be necessary to change more frequently if the drainage is a large amount. When the wound is pink and dry, the dressings may be left off and local skin care may be started.

## Call the burn center if any of the following occur:

- The dressing has moved, leaving part of your burn uncovered.
- The dressing won't stay in place or doesn't attach to your skin.
- There is a great amount of wound fluid coming out of your burn.
- The outer edges are starting to come off and need to be trimmed.

## Signs and symptoms of infection:

Contact the Burn Center if any of these symptoms occur.

- Redness to the normal skin around the burn.
- Temperature of 102.5-103 degrees.
- Increased swelling
- Increased pain
- Foul smelling drainage

## Skin care after burns have healed

- Bathe/shower using a soft spray. Use soaps that contain moisturizers like Dove Soap. Avoid soaps with perfumes.
- Once your burn areas have healed, it is common for your skin to feel “tight”.
- Lotions, such as Lubriderm, Cocoa Butter, Baby Oil, and Vaseline Intensive Care lotion will help to keep the skin moist and allow the skin to “stretch” more easily when you exercise.



**Burn Center: (225) 387-7717 (24-hours a day)**

3600 Florida Boulevard, Baton Rouge, LA 70806

## Skin care after burns have healed (Continued)

- Apply lotions several times a day and massage into skin using gentle pressure. This also helps to stretch the skin and helps to decrease scarring.
- While out in sun, it may be necessary to wear long sleeves or pants if your arms or legs have been burned, as your skin is still new and may burn easily.
- Because you might not be able to “sweat” like you did before you were burned, you may not be able to stand temperatures that are too HOT or too COLD. Try to stay in a cool place if you become overheated.
- Use sunscreen when out in sun and limit the time you are in direct sunlight.
- Once your wounds have healed, you may experience occasional blistering. Blisters form due to rubbing of the new skin.
- If blisters form, cover them with gauze or a band-aid to protect them. If the blisters burst, use Neosporin and a band-aid to cover them.
- Please call the Burn Center if blisters continue to get larger and don’t seem to heal.
- Itching can be a bother and a problem if scratching causes raw spots to newly healed skin or grafts.
- If you have a problem with itching, stay in a cool environment, use lotion to dry areas, and take Benadryl as directed.

## Miscellaneous Instructions

- Follow-up visits are very important. Keep all your visits that we have made for you.
- If you cannot keep your visit, please call and cancel at least 24 hours in advance so that your visit time can be given to someone else.
- Bring all supplies to each visit.
- When you arrive for your visit, enter through the main lobby. You may valet park your car in front of the hospital. This is a free service for our patients.
- You must go to the Registration Desk prior to your visit.
- Be sure to take your pain medicines before coming to the Burn Center for your visits. Always bring these medicines with you for your visit in case you need a refill.
- If you need your medicines refilled, please call your doctor during normal business hours. On weekends and after hours, you may not be able to get these refilled in some cases.
- If your supplies run out before your next visit to us, please call the unit to let us know and we will instruct you on what to do. Please call the unit for any questions and concerns.
- If you or your family/significant others are having difficulty in coping, home care, or getting around since your accident, please feel free to contact the Burn Unit Social Worker at (225) 381-6466.

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## IMPORTANT PHONE NUMBERS

Your Doctor’s Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Burn Center: (225) 387-7717 (24-hours a day)

Your Outpatient Nurse’s Name: \_\_\_\_\_ Phone Number: (225)381-6283

Outpatient Nurse’s hours are from 7 a.m. to 3:30 p.m. Monday - Friday. For problems or questions after hours, please call the 24-hour number, (225) 387-7717.

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