

Health Information for You

Patient and Family Education

Upstate Connect: (315)464-8668 • (800)464-8668

UPSTATE
UNIVERSITY HOSPITAL

Clark Burn Center

IMPORTANT BURN CARE ROUTINES

PRACTICE GOOD HANDWASHING

- When your hands are soiled, before touching your child, and frequently throughout the day be sure to **wash your hands**.
- Best handwashing process:
 - Rinse your hands with water
 - Use soap to wash your palms, between your fingers, fingertips, and wrists. (For at least 20 seconds)
 - Rinse soap off with water
 - Dry your hands with paper towels

Singing Happy Birthday twice or another favorite song for 20 seconds will help you know how long to wash them.
- Alcohol based hand sanitizer can also be used to wash your hands. These are located by the sink in your room
 - If hands are soiled, using soap and water is the best choice!

WEAR GOWN AND GLOVES

- When you are touching your child, you must ALWAYS wear a **gown** and **gloves**.
 - Blue Gowns are available outside each room
 - Gloves are located by the sink in your room
 - You can ask your nurse for a yellow gown (these are cooler and more breathable)
- Gowns must be worn if you are holding your child, picking your child up, helping your child to the bathroom, playing with your child, etc. (ANY TIME YOU TOUCH THEM)
- Wearing gowns and gloves help keep your child's burn clean and safe. This reduces the risk of infection.

KEEP THE ROOM WARM

- Your skin has the job of helping to keep you warm. When you have a burn injury your burned skin is not able to warm the body correctly. We keep the room warm to make sure they do not get cold, which can also cause more damage to the burn.

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