



# 燒傷燙傷 怎麼辦？



門診部

## 甚麼是燒傷？

是指因高溫、電流、火焰、曝曬、熾熱物品或化學腐蝕劑產生的乾熱，對身體造成的傷害。

## 甚麼是燙傷？

是指因熱的液體、水蒸氣等對身體造成的傷害。

## 燒傷程度分類

### 表面燒傷：

只傷及皮膚外層，造成紅腫及產生劇烈的觸痛。

### 中度燒傷：

傷患處起水泡，周圍腫脹並呈紅色。

### 深度燒傷：

傷及皮膚各層，皮膚表面呈現蒼白色、蠟色，間會燒成焦炭，有疼痛感但不強烈。

## 輕微燒傷及燙傷的緊急處理



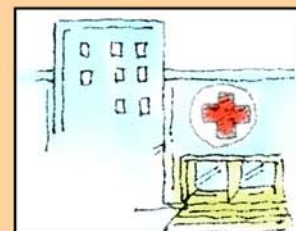
1. 安慰傷者



2. 傷處放在自來水下或浸入冷水中10分鐘



- 於傷處腫脹前，應先除去傷處附近的飾物及緊束衣物
- 用清潔或消毒的布料（無絨毛）包紮傷患處



- 請即往就近醫院接受適當治療及護理

## 當遇到燒傷或燙傷時，切記

- 勿用絨毛布或黏性敷料包紮傷處，如膠布。
- 勿用任何藥油、凡士林、牙膏、化妝品或食油等搽於患處，否則只會令傷勢惡化。
- 勿刺穿任何水泡，以避免造成傷口感染。
- 勿用冰敷患處，因這樣會破壞皮膚的細胞組織。
- 勿強行除去與傷處黏合的衣物，以免撕破患處的皮膚，造成傷口感染。

如有查詢，歡迎致電本部門

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Hong Kong Sanatorium & Hospital

## How to Care for Burns and Scalds



### Out-Patient Department

### 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. They cause redness and severe pain.

#### Second-degree burns :

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

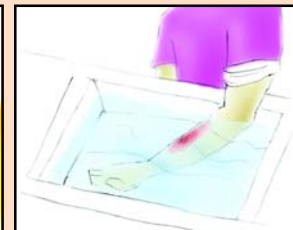
#### Third-degree burns :

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

### Home Care for Minor Burns and Scalds



1. Calm and reassure the person.



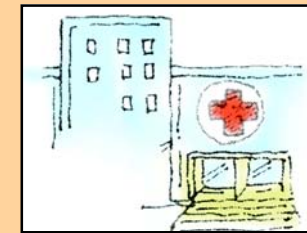
2. Run cool water over the area of the burn or soak it in a cool water bath for 10 minutes.



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:

- 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.

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