

A photograph showing a person in a green shirt applying a white bandage to the arm of another person wearing a pink floral shirt. In the background, there is a basket of fruit including bananas and apples.

# Tips for minor burns

Minor burns, although painful, can often be treated at home. Proper care can reduce the risk of infection and promote faster healing.

## Treating minor burns

Soak the burnt area in cold water for at least fifteen minutes. A cold tap works well for this as the water will stay cool and clean. Don't use ice.

Apply a layer of Crystaderm cream to the burnt area, then loosely wrap with a dry gauze bandage to protect the burn from air and infection.

## Seeking medical advice

Use Crystaderm to treat your burn until a visit to a medical professional can be arranged.

When it's time for your visit, cover the burnt area with a clean, dry cloth but don't put any Crystaderm on it. Your medical professional will need the burn to be clean in order to properly assess it.

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