

Getting Ready for Your Short Stay Appointment in the Burn Unit

This handout will help prepare for an Outpatient Short Stay Appointment in the Burn Unit.

What to Bring

- A list of medicines (include any that have been prescribed by other providers).
- List of allergies (also include any side effects such as upset stomach, nausea, diarrhea, etc.).
- Dressing supplies (if asked to do so).
- A driver to take you to/from the appointment if you will be taking narcotic pain medicine.

How to Prepare

Please arrive one hour before your appointment. The time to arrive will be listed on your appointment card.

You/your child should take pain medicine as directed one hour before the appointment, even if not having pain. The wound care that is being done may cause pain, so pain medicine is needed. It may work best to take the pain medicine once you park in the UW parking ramp.

Check in at Patient Admissions on the 2nd floor. Do this one hour before the appointment.

Please call the burn unit with questions: **(608) 263-1490**.

How to Prepare for Sedation

If your child is being sedated for wound care, they cannot have any food or drink in their stomach. If they eat or drink after the times listed, the sedation and wound care

will be postponed. These are the times your child needs to be finished eating or drinking:

- **6 hours before your child's sedation:** They should stop eating all solids. Stop drinking milk, formula, and any other cloudy liquids.
- **4 hours before your child's sedation:** Stop breastfeeding or giving your child breastmilk.
- **2 hours before your child's sedation:** Stop giving your child all clear liquids such as broth, clear juices, water, popsicles.

Changing the Dressings

The nurse will check you in and ask some questions. If your child is going to be sedated, he or she will be given the medicines to drink. The medicines can take 10-30 minutes to start working.

The dressing will be removed. The burn/wound will be washed with soap and water. The team will look at the wound to see how it is healing. Pictures will be taken for the medical record. The team will decide if any changes are needed and will then apply a new dressing.

If your child is being sedated, it can take up to a few hours for the medicines to wear off. The medicines must wear off before leaving the hospital, so your child can safely eat, drink, and go home. Every child reacts differently to these medicines, so we cannot predict how long this will take.

Dressings at Home

Do not remove the dressings at home. Staff will remove the dressing at the next appointment. Keep the dressings clean and dry.

Who to Call with Questions

UW Burn/Wound Clinic
(608) 264-8040

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8097