

HAND BURNS– TYPES, HELPS

Bobojonova Gulnoza

Xuseinova Maxbuba

Teachers of the Technical College of Public Health
named after Abu Ali ibn Sino

Abstract:

Hand burns are very common. Burns often occur while doing routine household chores. It can be laundry, cooking or ironing. The most important thing is to know what to do in the first seconds when your hand burns. First aid methods for burns mainly depend on its cause.

What to do when the hand burns

TYPES OF BURNS

First aid depends directly on how much the person is injured and the area of the burn.

It is also important to know the cause of the burn, that is, the type of injury:

Thermal burns are caused by contact with a hot object (usually an iron, gas stove, etc.), as well as by contact with hot oil or boiling water.

A chemical burn occurs when a concentrated acid, alkali or other aggressive substance is splashed on the skin of the hand.

In this case, independent treatment is possible only if the damage to the integrity of the skin does not exceed 10% of the surface of the hand. If the injury is more extensive, complications can develop that can be prevented only in the conditions of a specialized hospital.

In first degree burns, the skin of the hand is slightly reddened. This condition may pass by itself after some time. Second degree burns are accompanied by blister formation. Treatment of severe hand burns should be left to specialists, superficial burns can be successfully treated at home.

HELPS WITH STEAM OR BOILING LIQUID BURNS

If part of the skin is damaged under the clothes, it should be removed. Removing the dressing sooner will ensure no further injury from adhesions later.

For burns with boiling water, you should do the following until emergency help arrives:

Wash the wound under cold water for at least 10 minutes to cool the wound and prevent the causative factor from penetrating deeper;



Put it cold;

Washing the skin with hydrogen peroxide or Chlorhexidine;

Use of Panthenol or other aerosol for recovery;

Painkillers can be taken to relieve the pain syndrome;

Covering the burn of the hand with a dry bandage.

Raise your hand a little to prevent swelling. If blisters appear in the injured area, the doctor opens them with a sterile instrument and treats the surface with an antiseptic.

The coil should be replaced regularly. If there is an open wound surface, antibacterial ointment, for example, Levomekol, should be used.

OIL BURNS

If hot oil touches the hand, it should be washed immediately with cold water. Then the following actions are performed:

Alcohol is applied directly to the affected area;

An aerosol is applied to the wound;

After the drug is absorbed, the skin should be covered with a sterile cloth;

It is not recommended to open the blisters on your own, because in this case an infection may occur.

Usually, when coming into contact with an iron, the damage area is very small. The first aid scheme does not differ from the emergency measures that should be taken in the case of burns with steam or boiling water, in which:

Wash the burn with cold water;

To accelerate tissue recovery, use dexpanthenol or other aerosol and repeat this process three times a day;

Treat the wound with an antiseptic and put a bandage on it;

If a deep wound is formed, Solcoseryl or Levomekol should be used.

If blisters appear, you should consult a specialist, and you should not apply adhesive tape to the wound, as it causes the surface of the wound to sweat and suppurate.

CHEMICAL BURNS

What to do if you accidentally get acid or alkali on your hands? Here is another way to help with hot water or oil burns. First of all, the affected part of the skin should be thoroughly washed in running water (about 20 minutes).

It is not necessary to wipe the surface of the skin with a cloth or napkin, because in this case the aggressive substance penetrates into the deep layers of the skin.



After washing, it is necessary to neutralize the acid or alkali. To neutralize the effect of the alkaline substance, it is recommended to wash the wound with a weak acid solution after washing with water. To make a solution, add a teaspoon of vinegar or citric acid to a glass of water.

If acid gets on the hand, it should be neutralized with an alkaline solution. Dissolve soap in water and add a teaspoon of baking soda to 250 ml of water. If the skin is damaged by quicklime, it is recommended to use vegetable oil or 20% sugar solution. If there is a carbonic acid burn, then glycerin or lime water will be effective. After primary treatment, an antibacterial ointment should be applied to the burn site to prevent infection.

References:

- 1.Merta Dj. General Practitioner Directory.
2. Magazanik N.A. The art of communicating with patients.
3. www.ziyonet.uz
4. <https://mymedic.uz/>

