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Website: [www.sth.org.hk](http://www.sth.org.hk)

- 本院設有「八達通」時鐘泊車服務  
We provide Octopus hourly parking service
- 公共小巴綠色專線/ Green Line Public Bus:  
2, 17M, 25M, 46, 70
- 紅色非專線: 旺角往新蒲崗/黃大仙/九龍城  
Red Line Minicab: Mongkok to San Po Kong / Wong Tai Sin/Kowloon City
- 公共巴士/ Public Bus : 1, 1A, 2A, 6D, 7B, 9, 12A, 13D, 16, 24, 27, 42, 95, 98C, 113, 203E, 296C, N216
- 港鐵 / MTR
- ※ 樂富站轉乘的士約五分鐘到達  
Lok Fu Station: 5 mins by taxi
- ※ 旺角站轉乘非專線小巴(近先達廣場)至露明道 Mongkok Station: by red line minicab, get off at Lomond Road
- ※ 宋皇台:B1 出口, 可步行 5-10 分到達 Sung Wong Toi: Exit B1, about 5-10 minutes walk
- 東鐵 / East Rail Line
- ※ 旺東可換乘的士約五分鐘到達  
Mongkok East: about 5 minutes by taxi
- ※ 九龍塘可換乘專線小巴 25M 至界限街 Kowloon Tong: by green line bus no. 25M
- 復康巴士電召服務/Rehabus (Dial a Ride) : 28178154



St. Teresa's Hospital  
聖德肋撒醫院

Management of  
Scald / Burns  
燙傷及燒傷處理

Health Information  
健康資訊

## 燙傷及燒傷處理

- 用大量冷水沖洗傷處最少 20-30 分鐘，以減輕傷勢及痛楚
- 儘快除下傷處附近之飾物，如戒指，手錶，手鉅等
- 沖洗後，用清潔紗布或保鮮膜暫時包裹傷處，儘快去醫院/診所求醫
- 避免傷處受壓或磨擦
- 燒傷/燙傷可引致大量痛楚，可服用止痛藥以減輕痛楚
- 輕微燒傷/燙傷可自行癒合
- 勿自行塗抹藥膏或食油等處理傷處，避免令傷勢惡化，增加傷口發炎之機
- 避免自行刺破任何水泡，以免導致傷口感染
- 勿敷冰袋
- 抬高患處(例如:肢體)

\*以上資訊只供參考，並不能完全反映醫生意見，想瞭解更多有關資訊，應諮詢你的醫生。

## Management of Scald/Burns

- Run cool water over the burned area for at least 20-30 minutes
- Remove accessories near the injured area
- After rinsing the burn, cover the burn with a sterile non-adhesive bandage or cling film and go to hospital / clinic
- Protect the burn from friction and pressure
- No ice pad
- Elevate the affected area (e.g. Limb)



- Burns can extremely painful, over-the-counter pain medication may be used to help relieve pain
- DO NOT apply ointment, cream, or any household remedy to a burn. This can interfere with proper healing
- Minor burns will usually heal without further treatment
- DO NOT disturb blisters or dead skin
- See specialist for severe injury

\*This document is for information purpose and is not intended to be a substitute for the advice of a doctor. Should you have any queries, please consult your doctor-in-charge.

References: Hudspith, J., Rayatt, S. (2004). First aid and treatment of minor burns. *BMJ*, 324, 1487-1489

Revised Date: September 2022

PFE-DMC-15-010