

Eating well for your burn injury

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Notes



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Information for patients

Nutrition

Adequate nutrition is an essential part of the treatment of your burn injury.

After a large burn injury your body has to work harder so it can heal which means you have to eat more.

In particular it is very important to eat more protein as protein is lost by your body when you have a burn.

Your appetite is often lower in hospital for many reasons including going to theatre regularly, having your dressings changed, and certain medications that you may be on.

However, it is vital that you eat and drink well so that your wounds heal, any skin grafts take, and so that you get your energy back.

How to eat well for your burn

You must eat a high protein and high calorie diet until your burn has healed.

High protein foods are listed below:

- red meat
- chicken
- fish
- eggs
- cheese
- milk/milkshakes
- yoghurt
- milk puddings
- nuts/peanut butter
- beans—baked beans, kidney beans, lentils etc child may require some blood tests and further investigations prior to a laparoscopy.

Try to eat regularly

It is also important to try and eat something between meals—aim to eat 6 times per day.

This is especially important if you are not managing all of your main meals.

Snack ideas

Good snacks to eat between meals are:

- cheese and biscuits
- thick and creamy yoghurt
- milk puddings
- nuts
- sandwiches with meat, fish, egg or cheese filling
- cake (especially fruit and nut cake)
- chocolate

Nutritional supplements

It is often difficult to eat large enough meals to meet your body's needs so you will need to drink nutritional supplements between meals.

There are a wide range of supplements available—they may be milkshake or juice style drinks.

These supplements are high in calories and protein and are nutritionally balanced.

Supplements are best taken cold and are kept refrigerated on the ward.

Your dietitian will discuss with you which of these drinks are best and how many you should be having.

Enteral feeding

If you have a large burn you will usually start by being fed via a tube through your nose into your stomach (enteral feeding).

The tube usually remains until you are eating and drinking enough to maintain your weight and help your burn heal.

Special points

- We will be keeping a close eye on your weight while you are in hospital—you will be weighed at least weekly
- Some people find that fizzy drinks fill them up and then they lose their appetite—try to have milk or nutritional supplements instead of fizzy drinks

After you are discharged from hospital

It is important to continue eating a well-balanced and nutritious diet when you go home—you may still have some healing to do.

Your dietitian will talk to you about what you need to eat when you go home.

If you have any questions on what to eat please feel free to contact your dietitian.