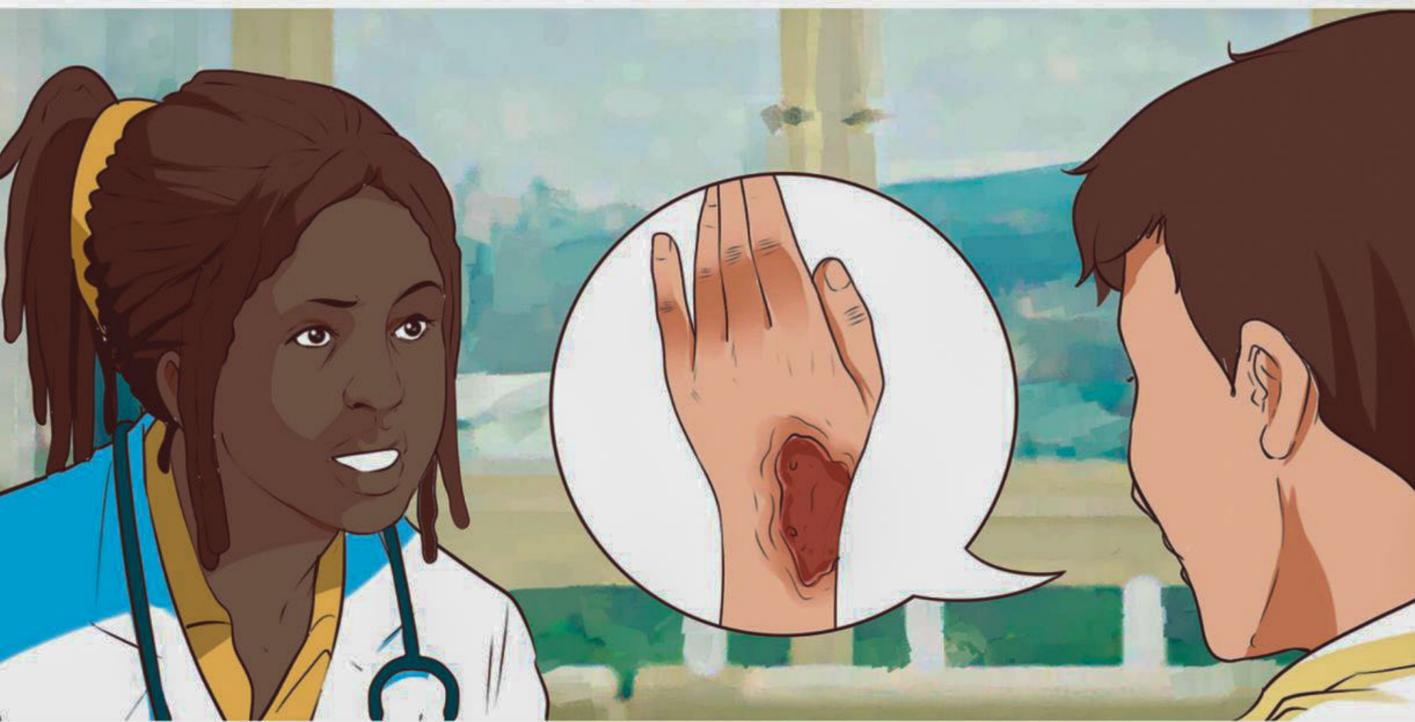




## BEAUTY DISSECTED

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# Feeling the Burn: Treatment Tips



Burns are one of the most common household injuries, especially among children in this season. This is mainly because of a lack of central heating. We are used to heating water in big pans and using it for washing, cooking, bathing etc. In villages, open fires are used as fire places to warm oneself. Worryingly, it is very easy to spill hot water or slip near a fire place. Also, there are burns which happen during cooking but apart from that there are others such as electric burns, chemical burns, sunburn etc.

In case of a burn, we all need to know what to do as first aid to ensure the least damage possible. Here are a few tips-

No matter what the source is, the first thing to do is to remove the person from the area to a safer place.

Cool the area with cool running water; do not put ice, butter or apply anything else on the area.

If it is a chemical burn, keep pouring water on it till you get to a hospital. Do not cover the wound without the advice of a doctor.

If you have some lidocaine cream at home or some antibiotic cream, apply that and cover the wound with clean gauze. Do not use cotton as that may stick to the wound.

Give the patient some painkiller. Keep the patient hydrated.

After doing all of this, the patient can go to see a doctor who will examine the wound and give further treatment according to the type of burn. Burns can be of numerous degrees of concern. There are first degree, second degree and third degree burns. This is estimated according to the depth and area of the burn. Usually, a first degree burn only involves the superficial layers of the skin and a blister may or may not be present. It will usually heal within 7 days and doesn't cause any scar or complication.

A second degree burn is more severe as it causes damage to a deeper layer of the skin and also causes some

superficial layer of nerve endings. It is painful and may be wet if the blisters burst. After applying first aid, a doctor should be consulted who will give some antibiotics and advise sterile dressing of the wound. This burn may take some time to heal and some scarring may occur.

Third degree burns will need immediate professional help. Here the burn is deep including the skin and some muscles along with nerve damage. Patients may need admission and also some surgery may be needed. The patient may be in shock which also needs treatment. Scarring and deformity may occur after these kinds of burns.

All kinds of burn can become infected as bacteria can enter through broken skin. The area should be kept dry and covered. Second and third degree burns should be treated seriously so that significant scarring or deformity can be avoided.

How to prevent BURNS-

1. Keep children out of the kitchen while cooking. Keep the pan handle towards the wall so that it cannot be reached.
2. Carry hot water in buckets instead of pans as they reduce the area of impact for the carrier in case of an accident, like someone bumping into you.
3. Check temperature of the bath water before using it.
4. Keep exposed electric wires covered and out of reach.
5. Harmful chemicals should not be kept inside or near living quarters.
6. In villages, make sure your clothes are properly arranged and not nearby any open flame.
7. Keep children away from open fires.
8. Use sunscreen if going out in the sun to avoid skin burns.

Do not panic if burn injury does occur. Apply first aid treatment and take the patient to a doctor as soon as possible.

Photo: Collected

## CHECK IT OUT

## A helicopter ride on Valentine's Day

For this 14 February, IDLC Home Loan presents the most exciting contest - Bhalobasha Bondhone Gore Uthuk Bhalobasha. Being run in their official Facebook page, participants will have to submit stories about their dream home. Two lucky couples will get a lifetime opportunity to win an exclusive helicopter ride followed by a romantic dinner at a Five Star Hotel, on the eve of Valentine's Day.

For further details, please visit: [facebook.com/idlc.financinghappiness](https://facebook.com/idlc.financinghappiness). Or call 16409.

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# ENHANCE YOUR CURVES

## AT THE RIGHT PLACES



Voluptuous curves can give you a feminine look that doesn't come along with a too straight or plump figures. As a woman, one of our most natural physical gifts is having curves, and there are some amazing ways to enhance your curves you may not know about, or might like to know. I am talking about the French technology ULTRACONTOUR. The non-invasive option for trimming your abs, love handles, hips and thighs and enhancing curves. Do you know that the fat cells are



limited in number. They swell up when we gain weight and shrink when we lose. The goal of ULTRACONTOUR is to reduce the number of fat cells without surgery or pain with better shape than Liposuction or other surgical option and makes it easy for you to maintain the curves with even weight gain. You may have tried diet or exercise which may help you to burn calories and lose overall body weight but most women have fitness goals beyond just slimming down. Since a slimmer waist is key to having captivating curves, you may find ULTRACONTOUR worth doing.



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