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Burn out causes

On Saturday evening I stepped wrong and something popped in the back of my knee joint and I couldn't walk it hurt really bad. On Sunday morning I had to use a cane to walk but it hurt to bend that leg. I iced it and kept it elevated as much as possible. At 630 am this morning i woke up and it felt like the inside of my knee was on fire and the back of my knee was very red. I took some Tylenol arthritis and the burning and redness went away but it kinda scared me. If you find yourself the victim of a minor burn, these home remedies are likely to help minimize the pain. More serious burns should receive medical attention.From the Home Remedies CupboardHoney. If you're suffering from a burn, the treatment should at least be sweet. Honey has long been a folk remedy to disinfect wounds and heal burns. Everyone knows bees are attracted to honey, but did you know water is, too? When applied to a burn, honey draws out fluids from the tissues, effectively cleaning the wound. You may also apply the honey to a gauze bandage, which is less sticky than direct application. On a piece of sterile gauze, place a dollop of honey and put the bandage directly on the burn, honey-side down. Change the dressing three to four times a day.Oatmeal. As minor burns heal, they can become itchy. A good way to relieve the itch is by putting this breakfast cereal into the tub. Crumble 1 cup uncooked oatmeal into a bath of lukewarm water as the tub is filling. Soak 15 to 20 minutes and then air dry so that a thin coating of oatmeal remains on your skin. Use caution getting in and out of the tub since the oatmeal makes surfaces slippery.Salt. Mouth burns can be relieved by rinsing with salt water every hour or so. Mix 1/2 teaspoon salt in 8 ounces warm water.Tea bags. Teatime can be anytime you suffer a minor burn. The tannic acid found in black tea helps draw heat from a burn. Put 2 to 3 tea bags under a spout of cool water and collect the tea in a small bowl. Gently dab the liquid on the burn site.Another method is to make a concoction using 3 or 4 tea bags, 2 cups fresh mint leaves, and 4 cups boiling water. Strain liquid into a jar and allow to cool. To use, dab the mixture on burned skin with a cotton ball or washcloth.If you're on the go, you can also make a stay-in-place poultice out of 2 or 3 wet tea bags. Simply place cool, wet tea bags directly on the burn and wrap them with a piece of gauze to hold them in place.Vinegar. Vinegar works as an astringent and antiseptic on minor burns and helps prevent infection. Dilute the vinegar with equal parts water, and rinse the burned area with the solution.From the Home Remedies FreezerIce cube. A tongue burn is best treated with ice rather than cool water. Often, in great anticipation, children (and adults, for that matter) sip their soup or hot chocolate before it cools down and get a tongue burn. Since it's tricky to stick a burned tongue under the faucet, try sucking on an ice cube. First rinse the cube under water so it doesn't stick to the tongue or lips.From the Home Remedies RefrigeratorMilk. Got milk? Then you've also got a great way to soothe a burn. For a minor burn, soak the burned area in milk for 15 minutes or so. You may also apply a cloth soaked in milk to the area. Repeat every few hours to relieve pain. Be sure to wash out the cloth after use, as it will sour quickly.Plantain leaves. In the folk medicine of the Seneca Indians, as well as the contemporary writing of New Englanders and the Hispanics of the American Southwest, plantain is a popular remedy for treating burns. These green weedy plants (plantago major) are native to Europe and Asia but now grow practically anywhere in the world with sufficient water. Just don't confuse this plantain with the banana-like vegetable of the same name.The leaves of plantain are primarily used as medicine. The major constituents in plantain are mucilage, iridoid glycosides (particularly aucubin), and tannins. Together these constituents are thought to give plantain mild anti-inflammatory, antimicrobial, antihemorrhagic, and expectorant actions. To get the full effect of this plant, crush some fresh plantain leaves and rub the juice directly onto the burn.From the Home Remedies SinkCool water. While ice is nice for sore muscles, cool water is the best liquid refreshment for burned skin. Ice can restrict blood flow to the burn site and further damage delicate tissues. Instead, gently run cool water or place cool compresses over the burn site for ten minutes. Do this as quickly as possible, preferably within seconds of getting a burn. Cool water not only feels good but will help stop the burn from spreading, and the sooner you run cool water on the burn, the greater the effect will be to reduce it.Do's and Don'tsOut of all areas in the home, the kitchen is number one for getting burns. The reasons are obvious, as are many of the precautions you can take to prevent an accident.DO lower the temperature of your hot-water heater to below 120 degrees F. A second-degree burn can happen within seconds in water that's hotter than 120 degrees.DO turn pot handles toward the back of the stove.Do keep that steaming cup of java out of a child's reach, which means off the coffee table or other low-lying areas.DO cover all electrical outlets with specially made caps if children are present.DON'T ever leave a child unattended in the kitchen.DO make the stove area off-limits to children.DO put a childproof lock on the oven door.DO keep oven mitts and potholders handy when cooking.DO keep a fire extinguisher and a box of baking soda nearby, in case of a grease fire.To see all of our home remedies and the conditions they treat, go to our main Home Remedies page.While serious burns need to be seen by a doctor, you can treat minor burns at home using plants that you may have in your garden. Learn how in Herbal Remedies for Burns.Learn all about a significant cause of burns – fire – in How Fire Works.Put out that fire with an effective fire extinguisher. Understand this essential appliance in How Fire Extinguishers Work.David J. Hufford, Ph.D., is university professor and chair of the Medical Humanities Department at Pennsylvania State University's College of Medicine. He also is a professor in the departments of Neural and Behavioral Sciences and Family and Community Medicine. Dr. Hufford serves on the editorial boards of several journals, including Alternative Therapies in Health & Medicine and Explore.This information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. 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Share on PinterestUsing natural remedies such as medical-grade for minor burns, cuts, rashes, and bug bites is a common practice that's been around for centuries. When a burn is minor or classified as first degree, the goal of treating it at home is to help reduce pain and inflammation while it heals. Although medical-grade honey is a popular option for at-home treatments, it's only safe to use on certain burns. Here are 10 things to know to use honey for burns.Yes, you can treat some minor burns at home with natural remedies, but before you do, you'll want to understand the different types of burns. There are four primary burn classifications, according to the National Institute of General Medical Sciences. First degree burns. These mild burns are painful and cause minor reddening of the outer layer of skin.Second degree burns. These are more severe than a mild burn because they also affect the lower layer of skin and cause pain, swelling, blistering, and redness. Third degree burns. These very serious burns can damage or completely destroy both layers of skin. These need immediate medical attention. Fourth degree burns. In addition to the injury from third degree burns, fourth degree burns also extend into the fat. Again, immediate medical attention is required.In addition to these four primary classifications, fifth degree burns extend into your muscle and damage from sixth degree burns extend to the bone.Instead of reaching for the honey you slather on a peanut butter sandwich, there are some common forms of honey products you'll come across, including medical-grade honey. Medical-grade honey is sterilized and contains honey from bees that collect pollen from the trees in Australia and New Zealand. A 2014 article reported that the current use of medical-grade honey consists of first and second degree burns, acute and chronic wounds, abrasions, pressure ulcers, and leg and foot ulcers. Robert Williams, MD, a family medicine doctor and medical advisor, says medical-grade honey products are available as a gel, paste, and added into adhesive, alginate, and colloid dressings. If you have a mild to moderate superficial burn, sufficient evidence exists that you can use honey to manage the wound. One review found that honey has antibacterial, antiviral, anti-inflammatory, and antioxidant properties.If you have a burn that is beyond the moderate stage, be sure to contact your doctor or healthcare provider. A literature review assessed the effects of honey compared with alternative wound dressings and topicals for acute wounds, such as burns. It found that topical use of honey appears to heal partial thickness burns more quickly than other treatments, such as paraffin gauze, sterile linen, polyurethane film, or leaving the burn exposed.Unless you want sticky fingers for the rest of the day, consider applying the honey to a sterile pad or gauze rather than directly on the burn. Then, place the dressing over the burn. To avoid the mess, you also can buy a medical-grade dressing that comes with honey already applied."Using medical-grade honey first requires a visit to a physician to assess the wounds and make sure there is no infection or need for surgical intervention," says Williams. After the burn is cleaned and appropriately debrided, if necessary, by a professional, Williams says honey in one of its various sterile forms may be applied up to three times a day, changing the wound dressing each time.Before you head to the drug store, do some research on the different manufacturers that sell honey for burns. According to Williams, the following manufacturers typically offer safe and sterile products: ActivonManuka HealthMedihoneyMelMaxL-MesitranMedihoney Gel Wound & Burn Dressing is a specific brand of medical-grade honey that contains manuka honey, otherwise known as Leptospermum scoparium. It comes with a medical honey dressing that you can place over the burn. Consult your doctor before using this product.Skip the home remedies and seek medical attention for any burn that includes more sensitive areas such as the: You should also see your doctor and avoid home burn treatment if the first degree burn covers a large area, typically more than 3 inches in diameter, or if you're an older adult or treating a burn on an infant.Honey may have efficacy for partial thickness or superficial burns, but Williams says the evidence is promising but needs further research.When it comes to treating burns at home, the first thing to consider is the type of burn. In general, using medical-grade honey is a safe topical option for minor, first degree burns. If you have any concerns about a burn, you're not sure how severe it is, or you have questions about the best products to use, consult your doctor.

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