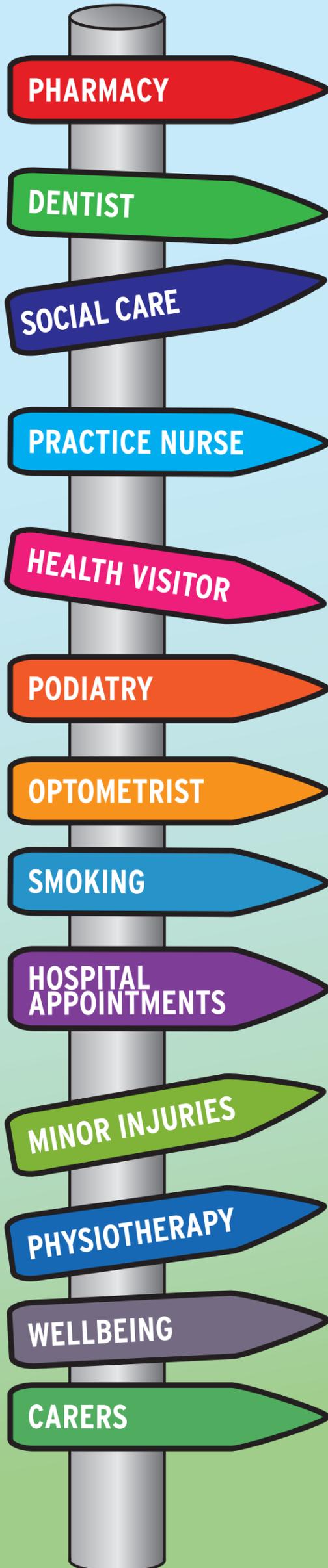


# DANDERHALL MEDICAL PRACTICE

## WHO DO I NEED TO SEE?

Many problems can be dealt with better and more quickly by another healthcare professional other than your GP..



- ☞ Conjunctivitis for those aged over 1 year
- ☞ Sore throats & earache for less than 3 days
- ☞ Warts & verrucas
- ☞ Constipation
- ☞ Smoking cessation

- ☞ Hay-fever
- ☞ Mouth ulcers
- ☞ Dry skin, nappy rash, small patches of impetigo
- ☞ abrasions, bruises, insect bites & sunburn
- ☞ Emergency contraception

- ☞ Head lice
- ☞ Cold sores
- ☞ Thrush
- ☞ Pain relief
- ☞ Piles
- ☞ Athletes Foot

☞ Any condition involving your mouth and teeth.

☞ Social work help, advice about benefits, care at home, carer's support 0131 271 3900

- ☞ Flu vaccinations
- ☞ Contraception pill review
- ☞ Cervical screening tests
- ☞ Travel advice & vaccinations
- ☞ Minor injuries
- ☞ Blood pressure checks
- ☞ Wound dressings & suture removal
- ☞ Chronic disease management of: Asthma, atrial fibrillation,

- cardiovascular disease, COPD, diabetes, heart disease & heart failure, hypertension
- kidney disease, peripheral arterial disease & stroke
- ☞ Phlebotomy (bloods taken)
- ☞ Height/weight checks
- ☞ Stop Smoking advice
- ☞ Lifestyle and Dietary advice
- ☞ Cellulitis & skin infections

- ☞ Cuts & grazes
- ☞ Earwax checking & syringing
- ☞ HRT - BP check, advice & renewal of prescription
- ☞ Abscess or Boils
- ☞ Burns
- ☞ Ingrown toenail infection
- ☞ Sunburn
- ☞ Thrush

☞ Children's problems including: breast feeding, formula feeding, sleeping, minor illness, immunisation questions. 0131 561 5523 Dalkeith HV Office. 0131 654 1453 Danderhall (limited days, check with reception).

☞ You can self refer to the Podiatry Service. Ask for a form at reception.

☞ For any eye problem your first port of call should be an optometrist. You can see an optometrist for any problems regarding the health of your eyes including dry, red, sore, watery, sticky or itchy eyes, cysts, scratched eyes, styes or conjunctivitis. All appointments are NHS funded. See our noticeboard for a list of local optometrists.

☞ Smokefree Lothian 0131 537 9914 or your local pharmacy. See our noticeboard for details of drop-in sessions running in Midlothian.

☞ For any queries about your hospital appointment or hospital results you should first contact: Royal Infirmary 0131 536 1000    Western General 0131 537 1000    St John's 01506 523 000  
To arrange patient transport call 0300 123 1236

☞ The Minor Injuries Clinic at the Western General Hospital treats adults and children over one year old for a wide range of injuries such as cuts, burns, sprains, wound infections and simple fractures. Phone first to check 0131 537 3481

☞ Do you need help with a muscle or joint problem? Is it interfering with your life or work? For advice and self care information call 0800 917 9390, [www.nhsinform.co.uk/msk](http://www.nhsinform.co.uk/msk). Pick up an information card from our noticeboard.

☞ Feeling low or stressed? Drop in to your local Midlothian Wellbeing Access Point, details on our noticeboard. There are also many Health in Mind support groups throughout Midlothian offering all sorts of different kinds of wellbeing support, details on our noticeboard.

☞ Are you an unpaid carer? VOCAL offer support and other services to help you in your role as a carer and to ensure that your own wellbeing is maintained. Contact VOCAL on 0131 663 6869 or [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk). See our Carer's noticeboard at reception for local information and training events.

Further advice and information about your health can be found on [www.nhsinform.co.uk](http://www.nhsinform.co.uk) or [www.danderhallmedicalpractice.co.uk](http://www.danderhallmedicalpractice.co.uk)