

Green Practice - Stockbridge Health Centre

There are health problems which may be more appropriate to be seen by other services rather than your GP. Please read the list below to check out the free services available in your area.

Dentist

- Any condition involving your mouth or Teeth.
- Please contact your own dentist or if you don't have a dentist call **0131 536 4800** for the emergency dentist at Chalmers Dental Centre (16 year+), 3 Chalmers Street.
- Your own dentist will have an emergency contact if they are closed & are able to supply Antibiotics/Painkillers if required.

Hospital Referrals

- If you have not heard about your hospital appointment that the GP has referred you after 21 days please contact the Lothian hospitals switchboard on **0131 537 1000** and ask for appointments of the department you have been referred to.

Minor Injuries

- The Minor Injuries Clinic, Western General Hospital - 9am - 9pm, **0131 537 1330**
- Treatment for a wide range of injuries, such as cuts, burns, sprains, and simple fractures for patients aged over one year
- Painkillers, tetanus vaccination, certain antibiotics & X-rays from shoulder to fingers/knees to toes for patients 12 & over.

Practice Nurse

- The Practice Nurse can help with the following:-
- Asthma Management
- Childhood Immunisations
- Ear syringing
- Minor Injuries Management
- Well Man Checks
- Blood Pressure Monitoring
- Contraception Advice/Script
- Healthy Living and Diet Advice
- Safe Travel Guidelines
- Well Women Checks
- Cervical Screening
- COPD Management
- HRT Prescription
- Travel health and Vaccinations
- Wound Management

Optician

- For all eye conditions please see an optician in the first instance. The optometrist has specialised equipment and experience and they can prescribe and refer to the eye hospital if appropriate.
- You can see your optician for dry, itchy, red, sore, sticky or watery eyes, sty's, conjunctivitis, blepharitis, squints, reduced or double vision.

Pharmacy

- Pharmacies run a minor ailment service which includes:-
- coughs and colds, including nasal congestion and sore throat
- aches and pains, such as headaches, earache and back pain
- indigestion, diarrhoea and threadworms
- warts and verrucas, mouth ulcers and cold sores
- constipation and haemorrhoids (piles)
- hay fever and allergies
- period pain and thrush
- nappy rash and teething

Physio

- For advice/triage and self care information that can help muscle and joint problems, visit:-
- www.nhsinform.co.uk/msk
- or call Monday - Friday 9am to 5pm on **0800 917 9390**

Podiatry

- Podiatrists offer a range of services dedicated to foot care, including:
- Surgery for ingrown toenails
- Removing corns and dead skin
- Please phone **0131 260 9200** or collect form from outside podiatry at Stockbridge Health Centre
- Insoles and specialised shoe wear
- Specialised diabetic foot care— neuropathic ulcers etc

Sexual Health Clinic

- Chalmers Sexual health Clinic, 2A Chalmers Street, Edinburgh, **0131 536 1070** provides advice and services as listed:-
- STI testing
- Contraception (Pill/Injection/Coil/Implant)
- Sterilisation
- Sexual Advice

Smoking Advice

- Do you want to stop smoking? Please contact one of the Lothian services below:-
- Local Pharmacists: Stockbridge Pharmacy: **0131 220 9150** Lloyds Deanhaugh St: **0131 332 5721**
- Other support Networks: Smokefreelothian: **0131 536 6247** Smokeline: **0800 84 84 84**