

Minor Injury Units

Our minor injury and urgent treatment centres support the local community with urgent minor injuries and/or illnesses. They are led by our specialist urgent care clinicians, who are fully trained in both adult and paediatric care.

They are walk-in centres so you don't need an appointment or a referral – you can just arrive at the centre during opening hours. These centres are not appropriate for life-threatening injuries or serious illnesses.

Bristol Urgent Treatment Centre

Minor injuries and illnesses
Open 8am–8pm, 7 days a week
South Bristol NHS Community Hospital
Hengrove Promenade Hengrove,
Bristol BS14 0DE
T: **0117 342 9692**

Yate Minor Injury Unit

Minor injuries only
Open 8am–8pm, 7 days a week
Yate West Gate Centre 21 West Walk,
Yate BS37 4AX
T: **0300 125 6800**

Clevedon Minor Injury Unit

Minor injuries only
Open 8am–8pm, 7 days a week
North Somerset Community Hospital
Old Street, Clevedon BS21 6BS
T: **01275 546852**



Let us know what you think and get involved

T: 0300 124 5300*
E: sirona.hello@nhs.net
W: www.sirona-cic.org.uk

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

This document can be provided in other formats and languages, please contact us for more information.

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Burns and Scalds

Information for people attending urgent care services.

Service provided by



We realise that, after you have sustained a burn or scald, it is often a very difficult time for you and your family.

It is usual to feel very upset after the accident.

There may be questions you want to ask and so we have prepared this leaflet to help you. If you feel you need more help and advice, contact your Health Visitor, GP, the Minor Injury Unit or the Emergency Department and we will provide any advice that you need.

The healing process

Most minor burns heal within 7-14 days, but some do take longer to heal.

Problems that can rise

It is important to minimise the risk of infection and you should watch for signs of infection such as:

- A foul smell from the burn or scald
- Increased redness around the burn
- Development of a fever
- Starting to feel unwell or more irritable than normal
- Developing a rash.

If you think that there are signs of infection, you should return to the Minor Injury Unit or Emergency Department or telephone for advice.

How to look after the dressing

Keep the dressing dry. Be careful when washing. If the dressing gets dirty or falls off or leaks through, please return to the Minor Injury Unit or telephone us for advice.

Pain relief, plenty of fluids and a good diet are important.

A good diet

Have plenty of drinks such as fruit juice and milk as vitamins are essential to help the damaged skin to heal.

Fluid does leak from the burnt area and it is important to replace fluid lost. A good balanced diet is also important.

Pain relief

Burns can be painful, so good pain relief is very important. Discuss good pain relief options with the clinician or a pharmacist to ensure you are as comfortable as possible.

Pain relief for children

You should give Calpol (liquid paracetamol). Read the dosage on the bottle and give some every 4-6 hours for the first 24-48 hours and continue while your child is in pain.

First aid treatment for burns and scalds

Immediately run the burnt area under

cool running water for at least 20 minutes, making sure you avoid the person affected getting cold during this process. This helps to remove heat from the skin and lessen damage.

Cover the affected area with a clean cloth e.g. freshly washed pillowcase. Cling film is a useful alternative, but it should only be used on limbs and trunk.

Do not use a tea towel or dishcloth as they are often contaminated with bacteria.

Do not try to 'pop' blisters.

Do not apply oils, cream or ointment.

Seek medical advice immediately. If you are unsure of anything, please do not hesitate to telephone us. A nurse is always available to give advice and will be happy to help.

Do use sun protection on the burnt area when necessary for a year after it has healed.

Do moisturise the area after healing to keep the skin supple.

Call 111 if you urgently need medical help or advice but it's not a life-threatening situation.

For less urgent health needs, contact your GP or local pharmacist in the usual way.