

Contact us

Our minor injury and urgent treatment centres support the local community with urgent minor injuries and/or illnesses. They are led by our specialist emergency nurse practitioners, 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: 0300 124 6260

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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Registered office

Sirona care & health CIC,
2nd Floor, Kingswood Civic Centre,
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Bristol BS15 9TR
Company Number: 07585003



Wound Care Advice

Service provided by



Date:

The health care practitioner will indicate the treatment given to you.

Glue

- A special wound glue has been used. It is designed to hold the wound edges together until it has healed.
- Healing is very quick on faces (about 3 - 5 days). The glue will stay on long enough for this to take place.
- In a few days, the glue will come off on its own. Do not pick or encourage the glue off. Too early a removal will increase the risk of scarring and may introduce infection.
- Avoid washing the area. However, water splashing onto the wound after treatment will not affect the glue.
- Do not soak the wound.
- Do not put any dressing on the wound. Never use an Elastoplast on the glue as this will make it sweat and the edges will not hold together.
- Do not use any antiseptic creams over the glue.
- Do come back to the Minor Injury Unit in the unlikely event of knocking the wound and it opens up again.

Staples

- Your wound has been closed using special steel wound staples. They are designed to hold the wound together until the wound has healed.
- Please phone the treatment room nurse at your GP's surgery to make an appointment to have the staples removed in 5-7 days or as advised by the health care practitioner who put them in for you. It is a painless procedure.
- You may both shower and wash your hair with staples in. You may leave your hair to dry naturally or use a hair dryer on a low or cool setting.
- The staples are designed to stand up proud from the skin and this may, if you are not careful, catch in a comb or brush.

Suture (stitches)

- Your wound has been closed using nylon or paper stitches.
- Please phone the treatment room nurse at your GP's surgery to make an appointment to have the stitches removed in days.
- Please gently remove the paper stitches in 7 days as the health care practitioner explained.

- Stitches on the face may not be dressed. Apply clean Vaseline to the wound twice a day, but not last thing at night as it will rub off on your bedclothes.
- See your own GP if you are concerned that your wound is getting infected i.e. the wound becomes red, swollen, more painful, pus or discharge is seen. Or if you become unwell with a high temperature.

Pain relief medication

Pain relief medication can help you to reduce the pain allowing you to undertake any suggested exercises and movements of the injury. Moving will help ease the pain and speed up your recovery significantly. Simple pain relief medications such as Paracetamol and Ibuprofen are often all that is required. Please read the medication instructions before taking anything.

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.