



Kessington Medical Centre newsletter

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Summer Issue

June 2016

1. Closures

We will be closed on Monday 18 July and Monday 26 September for public holidays. We also close one afternoon every 6-8 weeks for staff training. If you need urgent medical advice during these times please dial 111 which will take you through to the Out of Hours Service.

2. Incoming Calls

Please be aware that the number 0800 678 3393 is used by all of NHS Scotland and not just Kessington Medical Centre.

Useful Telephone Numbers

Repeat Prescriptions 532 8008

District Nurses 232 4815 *based at Milngavie Clinic*

Health Visitors 232 4861

Ante Natal 232 4005

Out of Hours Service 111

Social Work 355 2200



3. Staff News

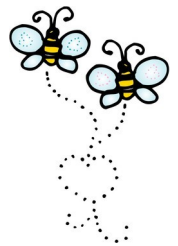
Kirsten Gaw has now gone on maternity leave and we are all excited to meet the new arrival! Carly Russell is covering Kirsten's maternity leave.

4. Bites and Stings

For most people, stings are painful but harmless but some people can have an immediate allergic reaction which can be very dangerous.

Treatment: If you have been stung by an insect and there is a sting left in your skin, remove it as soon as possible by scraping it off using a hard, blunt surface like the edge of a credit card. Don't try to pinch the sting out using your fingers or tweezers as this risks spreading venom. If a child has been stung, a responsible adult should remove the sting. Bee stings have a poisonous sac so take care not to puncture it as you remove this sting.

- Wash the area with soap and water
- Put a cold flannel on the area
- Raise the area to prevent swelling
- Use a spray or cream containing local anaesthetic or antihistamine to help prevent itching and swelling
- Take a painkiller such as paracetamol if the sting is painful
- Don't scratch the area as it may become infected



Seek emergency medical treatment if you experience any of the following symptoms:

- Swelling or itching anywhere else on the body
- Fast heart rate
- Dizziness/feeling faint
- Swollen face or mouth
- Wheezing
- Headache
- Nausea
- Difficulty swallowing

