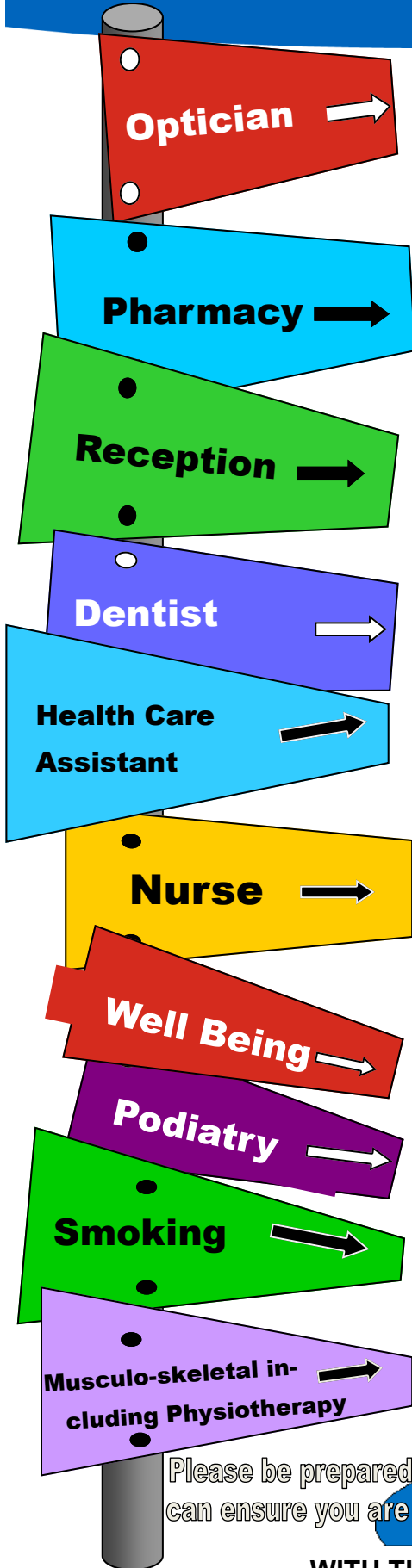


# The Surgery - Signpost Guide

Had to wait for an appointment?

Currently 20% of doctors appointments could have been dealt with by another healthcare professional. That would equal another whole doctor each week.



All eye conditions should be seen by an optician first for their expertise. They also have the correct equipment for eye examination. You can see an Optician for dry, red, sore, watery, sticky or itchy eyes, cysts and styes, conjunctivitis.

Coughs & Colds. Conjunctivitis for those aged over 1 year. Sore throats & earache for less than 3 days. Verrucas, Constipation.	Smoking cessation, Hay-fever. Mouth ulcers, Cold sores. Dry skin, nappy rash, small patches of impetigo, abrasions, bruises, insect bites & sunburn. Emergency contraception, Thrush.
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For any queries about your hospital Out Patient Appointment you should first contact:  
Royal Infirmary: **0131 536 1000** or Western General: **0131 537 1000**  
If you need further help after asking the Hospital, please speak to a Receptionist.

Any condition involving your mouth or teeth.

Blood pressure checks. Flu vaccinations. Urine checks.	Phlebotomy (bloods taken). Height/weight checks.
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Contraception, Cervical screening tests. Travel advice & vaccinations. Ear syringing. Flu vaccinations for under 5s & those who are pregnant. Wound dressings & suture removal. Minor injuries.	Chronic disease management of: Asthma, atrial fibrillation, cardiovascular disease, COPD, diabetes, heart disease & heart failure, hypertension, kidney disease, peripheral arterial disease & stroke.
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A senior health and wellbeing practitioner for mood and long-term health conditions. Drop-in at Portobello every Wednesday 11.00—12.00

You can self refer to the Podiatry Service.  
Mountcastle Surgery: **0131 549 7335**  
Gracemount Surgery: **0131 672 9488**

Local "stop smoking" telephone helpline is **0131 672 9532**

For people experiencing muscle, back or joint problems, including Physiotherapy contact the NATIONAL MUSCULOSKELETAL ADVICE & TRIAGE SERVICE (MATS) **0800 917 9390**

Please be prepared to give the receptionist a brief description of your problem so they can ensure you are seen as quickly as possible by the correct healthcare professional.

WITH THANKS TO BARONSCOURT SURGERY