

Minor Injury Unit

Sirona care & health's Minor Injury Unit offers treatment for adults, children and young people for a wide range of minor injuries. You can drop in without an appointment, or you may be referred by your GP or other healthcare professional. We aim to treat you within two hours.



Yate Minor Injuries Unit

Opening Times:
Open 7 days a week.
08.00 – 20.00

Address:
Yate West Gate Centre
21 West Walk
Yate Town Shopping Centre
BS37 4AX



For more information / Accessibility

t: 0300 124 5300*

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

e: askSirona@sirona-cic.org.uk

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.

Date of creation: April 2018. Date of review: April 2021.
URN: 113

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



Care of Plaster Casts

Information for you if you have attended the Minor Injury Unit

Service provided by



Care of plaster casts

Please help us by looking after your plaster. It is an essential part of your treatment. We hope that the following will help you:

Do

- Exercise joints not held in the plaster as much as possible
- Do not let your limb hang down unless it is being used. Elevate the limb, especially during the first 2 weeks
- Use sticks, crutches or frame as instructed. Please return equipment when it is no longer needed
- Keep your plaster completely dry
- Take advice before driving
- Take advice before flying or travelling

Do not

- Interfere with your plaster in any way
- Poke anything down your plaster
- Write on your plaster of Paris for 48 hours after it has been applied
- Leave your limb unsupported or stand for long periods
- Stand or put weight on your plastered limb unless instructed by the doctor, nurse or physiotherapist
- Knock, cut or bump your plaster
- Sit too close to a fire, as your plaster may become hot and burn you
- Get the plaster wet. It may disintegrate or cause skin problems
- Do not smoke as smoking slows down bone healing

Please ring the Minor Injuries Unit if your plaster:

- Rubs
- Cracks
- Itches excessively
- Softens
- Becomes loose or uncomfortable

Please seek medical attention immediately if any of the following occur:

- Your toes or fingers become blue, pale or discoloured
- You have swelling which is causing discomfort
- Your limb becomes more painful
- You feel “pins and needles” or numbness
- You have a blisterlike pain or rubbing under the plaster
- You have discharge, wetness or smell under your cast
- You drop any object down inside your cast

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.