

Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department

Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201

Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit Cumberland Centre

Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390

Opening times: 8:30am - 9pm

Minor Injuries Unit South Hams Hospital

Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349

Opening times: 9am - 5pm

Minor Injuries Unit Tavistock Hospital

Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233

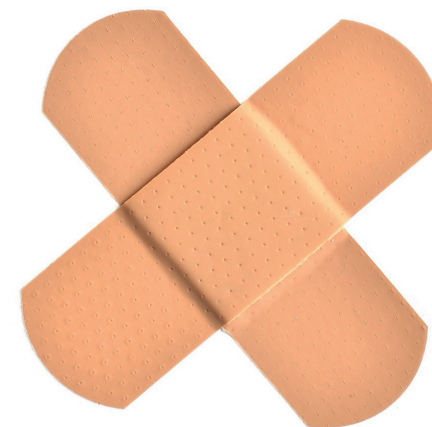
Opening times: 8am - 10pm

www.livewellsouthwest.co.uk

 Livewell Southwest

 @livewellsw

Wound Care Information & Advice



Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

General Information

1. Keep your dressing and wound dry - wash around the area if possible.
2. Do not cover your finger / thumb with a waterproof finger dressing as this will make your wound soggy and prone to infection.
3. If a dressing has been applied please follow the instructions given to you.
4. Follow any limb elevation advice given to you.
5. Do not pick any scab.
6. Eat a healthy diet with plenty of fruit and vegetables.
7. Please take simple pain relief such as Paracetamol or Ibuprofen. If this does not control your pain, return to the MIU or contact your GP.

Sutures

You have stitches to your wound.

These need to be removed in days.

Please make an appointment with the nurse at your GP surgery.

Steristrips

You have steristrips on your wound.

These need to be removed in days.

You are able to remove these yourself by soaking (10 minutes) them off. Alternatively you can make an appointment with the nurse at your doctors.

Glue

Your wound has been glued with special medical glue that will drop off by itself when the wound is healed.

Please do not pick the scab.

Your MIU review date and time is:

We try to keep to appointment times but sometimes events occur that may delay you being called.

If you are worried or have any of the following, you should return to the MIU or see your GP within 3 days:

- Increasing pain, redness or swelling spreading from the wound
- Fever or malaise
- Any discharge or bleeding from the wound

If you accidentally get your dressing wet or it bleeds / leaks through, return to the MIU.

These recommendations are based on CKS (Clinical Knowledge and Skills website) reviews of laceration repair and management (Hollander and Singer, 1999; Wilson et al, 2000)