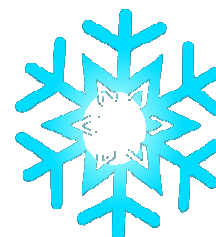


# Fortrose Medical Practice

## Fortrose Medical Practice

### NEWSLETTER

Winter 2016/17



Dear Patient

Please take some time to read our latest newsletter with important information for our patients:

Our telephone number is **01381 622000** (open 8am – 6pm Mondays to Fridays).

#### **Festive Season and other Practice Closures**

The practice will be **closed** on the following days:

26.12.2016 – closed for Christmas  
27.12.2016 – closed for Boxing Day  
02.01.2017 – closed for New Year  
03.01.2017 – closed for New Year



**Closed:** Wednesday 15 February 2017 from 1pm (protected learning time)

**If you need medical attention or advice when the surgery is closed, please contact NHS24 on telephone 111. NHS24 is a 24 hour health service which has round the clock advice and support. In an emergency always dial 999.**

#### **Podiatry Services**

It is with regret that we have to inform our patients that NHS Highland Podiatry will no longer provide a service at our practice from 2017. Due to an expanding clinical team, we have had to re-organise some of the rooms currently in use and the alternative room offered to the NHS Highland Podiatry Team has unfortunately been declared unfit for their use.

Services will continue until the end of December as usual and patients should attend their appointments as per the information they receive from NHS Highland. We understand that patients will be offered appointments in Dingwall or Inverness, where accommodation is more suitable for Podiatry services.

We are sorry to lose this valuable service and continue to work with NHS Highland to look at alternative options to re-introduce the services to the practice if possible.

## **Flu Vaccinations**

Just a reminder that we still have some flu vaccinations at the surgery, therefore if you haven't had your vaccination please make an appointment.

## **Ear Wax Management**

Research has shown that ear syringing can be unsafe, and can cause damage to the ear canal caused by hard wax being forced from the canal. Wax is normal! It will come out of the ear with the skin of the ear canal, which grows deep within and moves constantly to the outside over approximately 2 weeks. Our guidelines for syringing ears for the best outcome is for the patient to have oiled their ears for approximately 2 weeks prior to syringing, as this prevents the damage to the ear canal. If you think you have a problem with wax causing deafness you can treat yourself.

Using oil:

1. Put a couple of drops in your ear and then lie on the opposite side for 10-15 minutes to allow the oil to permeate the wax
2. Do not use cotton wool as this soaks up the oil
3. Repeat this twice daily, ideally morning and night
4. Oil should be used for approximately 2 weeks initially to allow wax to break-up naturally

We find that doing this the need for syringing at all is greatly reduced but if needed the remaining wax is removed easily with no damage to the canal. The less you need your ears syringed the better for you as frequent syringing causes damage to the little hairs in your ear canal which are your body's natural way of expelling wax.

Our Health Care Assistants are both trained and experienced in ear syringing, and if required an appointment can be made with them to have your ear(s) syringed.



## **Help your neighbours in winter**

Check on older neighbours or relatives to make sure they're safe and well. Make sure they're warm enough, especially at night, and have stocks of food and medicines so they don't need to go out during very cold weather. If you're worried about a relative or an elderly neighbour, contact your local council or ring the Age UK helpline on 0800 00 99 66.

Read more tips on [how to cope in very cold weather](http://www.nhs.uk/Livewell/winterhealth/Pages/Verycoldweather.aspx).  
[www.nhs.uk/Livewell/winterhealth/Pages/Verycoldweather.aspx](http://www.nhs.uk/Livewell/winterhealth/Pages/Verycoldweather.aspx)

**With our best wishes for a safe and peaceful festive season  
and a happy and healthy New Year!**

**The Practice Team**

**Fortrose Medical Practice**

