

Important numbers

Wairarapa After Hours

Weekend service 9am – 5pm

Based at Masterton Medical 06 370 0011

Medical centres

Masterton 06 370 0011

Whaiora 06 370 0818

Kuripuni 06 377 4093

Carterton 06 379 8105

Greytown 06 304 9012

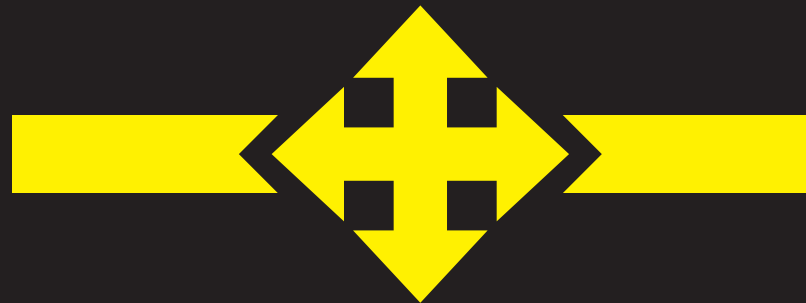
Featherston 06 308 9220

Martinborough 06 306 9501

Emergency 111

Sports Injury

treatment & referral
information



With all injuries


- Quick assessment ideally by trained first aider: can they get to the sideline? If not, call 111
- At the sideline:
 - Provide immediate treatment
 - Provide information on what to do and where to seek further treatment
- Options for further treatment:
 - Weekdays: call family doctor or Healthline 0800 611 116
 - Weekends/Public holidays: After Hours 9am - 5pm Phone 06 370 0011

Sprain, strain & possible fracture

Immediate treatment

- Check the injured area

Where to go next:

 **Home:** to rest and follow RICED guidelines if minor swelling and bruising

1 Weekday: call family doctor if in pain or can't use limb as normal

2 Weekends: visit After Hours if can't use limb as normal and very painful


3 ED: go to ED if in severe pain and limb is pale, cold and/or deformed

Cuts & wounds

Immediate treatment

- Clean
- Cover
- Check

Where to go next:

 **Home:** to rest and monitor minor wounds

1 Weekday: call family doctor if gaping wound, has dirt or something inside wound or if not healing after 2 days

2 Weekends: visit After Hours if gaping wound, has dirt or something inside wound


3 ED: go to ED if large or deep wound and large blood loss

Head injury

Immediate treatment

- Check concussion symptoms: unconscious, drowsy, can't move limbs, confused, vomiting

Where to go next:

 **Home:** if minor knock to head to rest and monitor

1 Weekday: call family doctor if any loss of consciousness or in severe pain

2 Weekends: visit After Hours if any loss of consciousness or in severe pain

3 ED: call 111 if unconscious or go to ED if drowsy, acting strange, vomiting, can't move parts of body