

The Aultbea & Gairloch Medical Practice

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PATIENT INFORMATION LEAFLET

Tick Bites – What Do I Need To Know?

We get many requests for an urgent Doctor appointment because of tick bites due to:

- Not knowing how or when to remove the tick
- Mouth parts still attached after tick removal
- Concern about possible Lyme disease

We do not routinely offer a doctor's appointment for tick bites.

There are information leaflets and online resources provided by NHS services which aim to reassure and provide guidance.

We would highlight a number of points which may be helpful:

- 1. The best way of preventing tick borne disease is to prevent being bitten in the first case.**
- 2. If a tick has attached then it should be removed as soon as possible.**
- 3. Use a proprietary tick remover (available from pharmacies or vets) to remove the tick.**
- 4. Do NOT use cigarettes (or other methods of burning), oils, lotions, chemicals or petroleum jelly to remove the tick.**
- 5. The tick's mouthparts may remain in the skin, but they will eventually come out. Do not attempt to dig out tick parts left behind in the skin.**

If you feel unwell or develop a rash that spreads out from the bite site then consult a doctor. There is no need to see your doctor if you have been bitten but have no other symptoms.

If you wish to access more general information:

NHS 24 Tel. 111

NHS Inform www.nhsinform.scot

Tel. 0800 22 44 88