

Pre-tibial laceration (cut to the shin)

You have been treated in the Emergency Department with a pre-tibial laceration. This leaflet explains how to care for your leg at home.

What is a pre-tibial laceration?

This type of cut is usually caused by knocking your leg on something and because the skin is thin it tears, often in a “V” shaped cut.

The cut on your leg needs special care and can take two months or possibly even longer to heal.

How is it treated?

Because the skin is thin we do not use stitches to close the wound, as this would damage the skin further. Instead we use paper stitches called steristrips.

To ensure that the cut will heal as quickly as possible it is important to maintain a good blood supply to the wound and prevent swelling. This is the function of the bandage applied from your toes to knee.

Discharge advice

- Continue with your normal activities and keep your ankle mobile by pointing your toes and then bringing them back up. This will prevent your ankle becoming stiff and promote your circulation.
- When resting raise your leg up above your hip to prevent swelling.
- It is also important to keep your leg warm and eat a healthy balanced diet, including protein, vitamins and iron.
- The nurse who treats your wound will give you advice about follow up. This is normally at your GP surgery.
- The wound is usually best left for several days before redressing to give healing a chance to take place before the wound is disturbed.
- If your wound is painful take painkillers such as paracetamol. If you are already taking medicines from your doctor please consult a pharmacist prior to taking any over-the-counter medicines.



Things to avoid

- Getting your bandage wet.
- Standing still for long periods.

When to seek advice from your GP or return to the hospital

- If your leg bleeds heavily and soaks the dressing.
- If your toes become very swollen.
- If you become concerned about your leg.

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

You can also pick up a copy of the Trust leaflet called 'Talk to us', which explains how you can raise concerns or give feedback on your experience at the hospital.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – *How likely are you to recommend our service to family and friends if they needed similar care or treatment?* - by going online www.royalberkshire.nhs.uk/get-in-touch/friends-and-family-survey.htm.

Further information

More information is available on the Trust website:

www.royalberkshire.nhs.uk

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