

Pre-Tibial Lacerations

An information guide



Pre-Tibial Lacerations

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E) or Urgent Treatment Centre (UTC).

We call the wound on your shin a pre-tibial laceration. It is not like a simple cut and will probably take longer to heal. We usually use paper stitches (Steristrips) on this type of cut because the skin is so thin that we cannot use normal stitches.

We have put a bandage on from your toes to your knee to make sure that the circulation to your leg stays even, so that the cut will heal well. We will have advised you regarding further care – usually you will need to be seen regularly to have your wound checked and re-dressed. This is done at your GP surgery, or by a District Nurse at your home.

You should:

- Keep your bandage on until your next visit
- Walk around as normal
- Keep your foot raised on a stool when you are sitting down – it should be higher than your hip or at the same level.
- Take tablets such as ibuprofen or paracetamol (both available from your chemist) to relieve the pain

You should NOT:

- Get you bandage wet
- Stand still, so don't do jobs like washing up or ironing until the wound is better
- Remove the dressing

You should contact/return to the A&E Department/ UTC you attended if any of the following occur:

- Your leg bleeds a lot, making the bandage very wet
- Your toes become very swollen or discoloured
- It is becoming increasingly painful
- You notice a bad smell coming from the wound

You should arrange for your GP to review you if:

- You are having difficulty managing at home
- You have any other concerns

Tetanus

Tetanus is a serious infection which can occasionally get into the body via a wound. It can be prevented by a series of injections.

You are covered against tetanus and do not need a booster today.....Yes/No

You have received a booster injection against tetanus today. The same injection also protects you against diphtheria and polio. You should inform your GP of this.....Yes/No

A&E Department:

Fairfield General Hospital– 0161 778 2600

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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