

Pre-Tibial Lacerations

An information guide



Pre-Tibial Lacerations

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E).

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 may just use a simple dressing depending on the size of the wound.

You will be advised regarding your further care – usually you will need to be seen regularly to have your wound checked and re-dressed. You will be advised how this will happen you may:

- Be referred to the district nurse.
- Be brought back to one of our A&E clinics.
- Be advised you do not need any further follow up and be provided with written advice on how to care for your wound.

You should:

- Keep your bandage on until your next visit or otherwise advised.
- Walk around as normal using appropriate footwear.
- 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.
- Always take medication according to the manufacturer's instructions.

You should NOT:

- Get your bandage wet.
- Stand still for long periods, so do not do jobs like washing up or ironing until the wound is better.
- Remove the dressing.

You should contact/return to the A&E Department 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.
- If you are having difficulty managing at home and you have contacted your GP and they are unable to assist you in any way.
- You have any concerns.

If you are at all concerned about your injury, please contact your GP or attend your local Accident & Emergency department for further assessment.

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

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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