

PATIENT INFORMATION – PRE TIBIAL LACERATIONS

The wound on your shin is called a pre-tibial (i.e shinbone) laceration. It is not the same as a simple cut and will probably take many weeks to heal.

What is a laceration?

A laceration is a tearing or splitting of the skin commonly caused by blunt trauma, or an incision in the skin caused by a sharp object, such as a knife or broken glass.

Why has it happened?

It is usual for the skin on the front of the shins to become quite thin and fragile especially as you get older. It can be made worse by the long-term use of steroid medication. As the skin is so fragile a small knock on the shin, such as with a shopping trolley or a fall at home can tear the skin. This is usually called a pre-tibial laceration.

Treatment

The skin with these types of lacerations is usually too thin for normal stitches so a special dressing or steristrips may have been applied.

Your leg has been bandaged from your toes to your knee to make sure there is even circulation to your leg which will help the cut to heal.

You should:

- Keep your bandage on until your next visit to us or your GP
- Walk around as normal
- Keep your foot higher than your hip when sitting down
- Take tablets such as *Paracetamol to relieve the pain

You should not:

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

Things to look out for:

You need to look out for the following in case of infection

- Your leg bleeds a lot, making the bandage very wet
- Your lower leg becomes very swollen
- Increasing pain or redness
- Fever or general feeling of being unwell

Further Advice/Instructions

Please use this section to give the patient specific information e.g. follow up appointments or after care advice.

***Pain relief advice**

You may have been given some pain relief by the health professionals in the Accident and Emergency Department. If this runs out and you need

PRE TIBIAL LACERATIONS CONT

further pain relief, you can speak to a pharmacist for advice. Some common painkillers are available to buy over the counter, for e.g. paracetamol or ibuprofen. Always follow the instructions on the packet if you are taking these, and seek further advice from the pharmacist should you have any concerns, particularly if it is for a child.



If you become unwell or are injured, choose the right NHS service to make sure you get the best treatment. The Choose Well campaign explains what each NHS service does, and when it should be used.

Choosing well means that you and your family will get the best treatment. It also allows busy NHS services to help the people who need them most.

If you are unsure about which option to choose, please call NHS Direct Wales on 0845 46 47 or visit the Choose Well website at www.choosewellwales.org.uk

This information has been produced based on previous information leaflets and the evidence available at the time of publication. It has been clinically reviewed however if you notice anything that needs updating or amending please contact ppi.team@wales.nhs.uk

If you require this information in another language or format please ask a member of staff.

For further advice or information contact NHS Direct Wales 0845 46 47
www.nhsdirect.wales.nhs.uk