Caring at its best

# Care of a minor skin wound over your shinbone (pre-tibial laceration)

**Emergency Department** 

Information for Patients

Produced: April 2021 Review: April 2024 Leaflet number: 1174 Version: 1

### What is a pre-tibial laceration?

Pre-tibial laceration is the name given to a skin wound over the shin. The skin is very fragile here and the blood supply may be poor. This means they take longer to heal.

Steristrips (or paper stitches) are normally used rather than stitches (sutures) as these are the best way to close the skin without causing more damage to the skin.

### How do I care for my wound?

You can help your wound to heal by following the instructions below.

For the first 2 days:

- take painkillers as needed such as paracetamol. If you are taking other medicines from your doctor, please talk to a pharmacist before taking any over-the-counter medicines.
- avoid standing up for long periods, such as when cooking, washing dishes or ironing.
- when resting, keep your injured leg raised so that your ankle is higher than your hips, to try and reduce swelling.
- try and avoid direct pressure to the heel of your injured leg to reduce the risk of developing a pressure sore.
- while you are resting move your toes, ankle and knee every hour for at least 1 minute. This will encourage blood circulation to your leg and reduce the risk of developing a blood clot in your leg (thrombosis).

#### Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

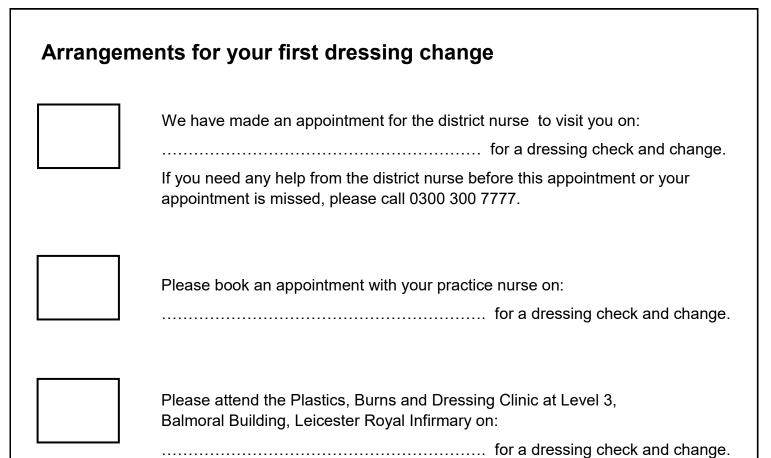


## Advice to follow until your wound has healed

Dressings are usually left in place for around 5 days to allow the wound to start healing without being disturbed.

Follow the advice below until your wound has healed:

- At night when in bed, keep your leg raised higher than your hips to reduce swelling.
- Keep your wound dry.
- Report any signs of infection to the team looking after your dressing or your GP.
  Signs of an infection include:
  - increased redness
  - swelling
  - pain
  - heat
  - pus forming in or around wound
  - smelly fluid oozing from wound
- Eating a well balanced diet can help with healing. The Eatwell Guide on the NHS website can be viewed here: <u>https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/</u>
- If you are diabetic you may need to monitor your blood sugar more closely whilst you are resting and manage this as needed.
- Stop smoking as smoking can delay your wound from healing. Smoking prevents wounds from receiving enough oxygen which is needed for healing. When you stop, the benefits can happen within a few days.
- If your wound starts to bleed heavily apply pressure over the dressing and go to the Emergency Department.



Contact data!!-

Contact details

Minor Injuries Unit, Emergency Department, Leicester Royal Infirmary Switchboard Tel: 0300 303 1573 (ext 0052 or 0054).

If you have any questions, write them down here to remind you what to ask:

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