

## Pre-Tibial Laceration

### Advice

We call the wound on your shin a pre-tibial laceration. Unlike a simple cut it may take several weeks to heal completely as the skin is very thin and the blood supply to the wound may not be very good. Because the skin is so thin we cannot use normal stitches. Instead we use paper stitches called steristrips as this is the best way to close the skin without further harming the blood supply to it. You will usually have your dressing changed by a District or Practice Nurse in about 5 days and s/he will monitor your progress. Your cut will heal better with a good supply of blood to it, which is why we put the bandage all the way from your toes to your knee. This ensures a good, even circulation to your leg.

<b>Things you should do</b>	<b>Things you should not do</b>
<ul style="list-style-type: none"> <li>• Try and continue with your normal activities, but you should rest at least 2-3 times a day for at least half an hour.</li> <li>• When you're sitting down:               <ul style="list-style-type: none"> <li>○ keep your foot raised (elevated) – it should be higher than your hip.</li> <li>○ keep your leg warm – cover it with a rug;</li> </ul> </li> <li>• Exercise your foot by moving it up and down for at least 1 minute every hour. You should also bend your knee and wriggle your toes to exercise your calf muscles for at least 1 minute. This reduces the risk of blood clotting in your leg.</li> </ul>	<ul style="list-style-type: none"> <li>• Remove the bandage or dressing. The wound is usually best left for several days before redressing to give healing a chance to take place before it is disturbed.</li> <li>• Get the dressing wet.</li> <li>• Smoke: Smoking will affect the circulation to your leg so it will take longer to heal.</li> <li>• Stand still for long periods - such as when you are cooking, washing dishes or ironing - as this will make the circulation in your leg slow. For example, don't iron for more than 10 minutes at a time.</li> </ul>

Things you should do	Things you should not do
<ul style="list-style-type: none"> <li>• Keep your leg elevated at night by raising the end of your mattress/bed. Use a drawer, box or suitcase under the mattress at the foot of the bed, rather than just resting on pillows. This reduces swelling and the likelihood of infection.</li> <li>• Take painkillers regularly if you have pain – take some about 1hour before you have your dressing changed;</li> <li>• Eat a good diet –see next page for more information.</li> </ul>	

If your leg bleeds heavily and soaks the dressing or if you see redness spreading up your legs, have a fever or flu-like symptoms, or see pus or smelly fluid coming from the wound, you should get advice from your GP or District Nurse or the ED/MIU department where you were seen as soon as possible.

<b><i>Because you have a bandage on you need to look out for</i></b>	<b><i>What to do if you have these symptoms</i></b>
<ul style="list-style-type: none"> <li>• your toes becoming swollen or pale/blue or very cold.</li> <li>• your leg becoming more painful.</li> <li>• you have tingling or you cannot move your toes</li> </ul>	Elevate your leg for 30mins. <b>If this does not improve things then you should return to ED /MIU straight away.</b>

### **Advice about your diet**

You need to eat a diet which helps your wound heal quickly. Consider a daily multivitamin until the wound has healed if you are not able to eat a well-balanced diet as shown below.

## Try to eat:

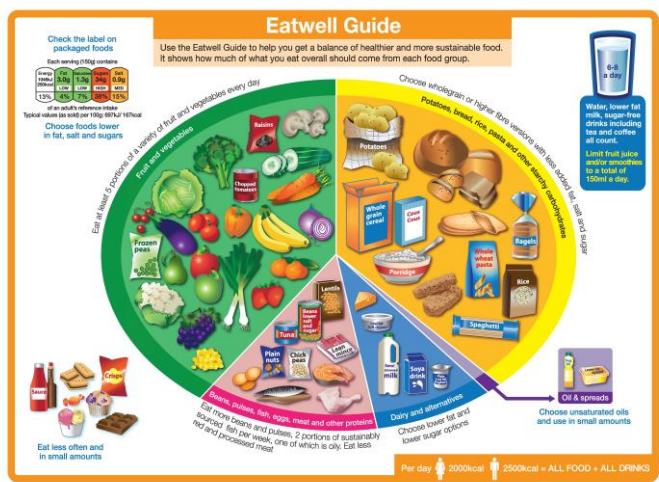
- ✓ **At least 5 portions of a variety of fruit and vegetables every day**  
These can be fresh, frozen or dried. A portion is about a handful or one apple, banana, medium sized orange. These contain essential vitamins and minerals.
- ✓ **Base meals on potatoes bread, chapattis, rice, noodles, pasta and other starchy carbohydrates,**  
Choose wholegrain varieties whenever you can, or eat potatoes with their skins on for more fibre and to help prevent constipation.
- ✓ **Have some dairy or dairy alternatives (such as soy drinks);**  
Choose lower fat and lower sugar options. These are healthier options to help you get enough protein and calcium.
- ✓ **Eat some beans, pulses, fish, eggs, meat and other proteins**  
Include 2 portions of fish every week, 1 of which should be oily as these are important sources of protein, vitamins and minerals.
- ✓ **Choose unsaturated oils and spreads and eat in small amounts**
- ✓ **Drink 6 to 8 cups/glasses of fluid a day**

If you normally have foods and drinks high in fat, salt or sugar such as sweets, cakes and biscuits, sugary soft drinks have these less often and in small amounts.

Try to avoid the breakfast cereals which have sugary toppings.

**The Eat well guide shows the proportions of the main food groups we should eat to have a well-balanced and healthy diet.**

**If you are concerned about your progress, or if you have not improved within 10 days, we advise you to contact your GP or return to the Emergency Department/MIU department where you were seen.**



## References:

<https://www.gov.uk/government/publications/the-eatwell-guide>

**If you are at all concerned about your injury please contact the relevant Emergency Department (ED) / Minor Injury Unit (MIU):**

**Royal Gwent Hospital: 01633 234056**

**Nevill Hall Hospital: 01873 732073**

**Ysbyty Ystrad Fawr (YYF) MIU: 01443 802353 or 802349**

**Ysbyty Aneurin Bevan (YAB) MIU: 01495 363318**