

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 can't use normal stitches. Instead, we may use paper stitches called steristrips, but sometimes we may simply use a non-adhesive dressing to keep the flap of skin in place. Whichever way they are the best ways to close the skin without further harming the blood supply to it.

You will need to have your top dressing changed in about 5 days. This will be done by your Practice Nurse – you will have been asked to make an appointment with them. In some instances, we may have arranged for a District nurse to call - please make sure you do not go out on the day they are expected as they cannot give a time for their visit. The nurse 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.

Things you should do:	Things you shouldn't do:
<ul style="list-style-type: none"> • Try and continue with your normal activities, but you should rest at least 2-3 times a day for at least half an hour. • When you're sitting down: <ul style="list-style-type: none"> ○ keep your foot raised (elevated) – it should be higher than your hip. ○ keep your leg warm – cover it with a rug. • 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. • While in bed at night, keep your injured leg elevated. This reduces swelling. • Take painkillers, like Paracetamol, regularly if you have pain. It is a good idea to take some 	<ul style="list-style-type: none"> • 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. • Get the dressing wet. • Smoke: Smoking will affect the circulation to your leg so it will take longer to heal. • Stand still for long periods - such as when you are cooking, washing dishes or

<p>about 1hour before you have your dressing changed.</p> <ul style="list-style-type: none"> • Eat a good balanced diet rich in protein – see next page for more information. 	<p>ironing - as this will make the circulation in your leg slow. For example, don't iron for more than 10 minutes at a time.</p>
--	--

If your leg bleeds heavily and soaks the dressing or if you see redness spreading up your leg, 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.

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

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 spread 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.

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 / Minor injury unit where you were seen.

References:

The Eatwell Guide - NHS (www.nhs.uk)

**If you are at all concerned about your injury, please contact the relevant
Emergency Department: Grange University Hospital: 01633 493287**

Or Minor Injury Unit (MIU):

Royal Gwent Hospital: 01633 234056

Nevil Hall Hospital: 01873 732073

Ysbyty Ystrad Fawr (YYF) MIU 01443 802353

Ysbyty Aneurin Bevan (YAB) MIU: 01495 363318

**This document is available in Welsh/
Mae'r ddogfen hon ar gael yn Gymraeg**