

# Pretibial Lacerations

Emergency Department

## Introduction

This leaflet is designed to explain what pretibial lacerations are and how they are cared for.

## What is a pretibial laceration?

Pretibial lacerations are cuts and abrasions (breaks to the layer of skin) over the shin bone.

## How long will they take to heal?

It is difficult to specify how long they will take to heal as it is dependent on many factors including age and any other problems you may have. They do take longer to heal than injuries in other areas.

## What should I do after I have been diagnosed with a pretibial laceration?

- Try and maintain your normal mobility levels
- Try to keep your bandage in place until the wound is reviewed
- Elevate your foot when you are resting
- Keep the bandage as dry as possible
- Take regular painkillers if in pain.

## What do I need to avoid doing?

- Please do not remove the dressings until you have been advised to, unless they are wet or your toes have become swollen or changed colour
- Avoid long periods of standing up without moving
- Try not to get the bandage wet.

## What aftercare or follow up review will I receive?

You will be advised about follow up before you leave the Emergency Department. You may be asked to make an appointment with your GP practice nurse or a district nurse visit may be arranged by the hospital to review you at home.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## When should I seek further medical advice?

- You are concerned for any reason
- Your toes become swollen or change colour
- The bandage becomes wet or the wound is bleeding.

## Emergency Contacts

- Emergency Department on 01902 307999
- Your registered GP Practice.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。