

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

Emergency Department

Information for Patients

Last reviewed: July 2024

Updated: December 2025

Next review: July 2027

Leaflet number: 1174 Version: 2.1

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 (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 these steps below:

For the first 2 days:

- Take painkillers regularly, do not let the pain get too bad before taking them. Paracetamol and/or ibuprofen can be helpful. You can buy these from the pharmacy. Instructions on how to take them are on the packet. 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 the swelling.
- Try and have your heel hanging over the pillow or stool you are using to raise your leg as direct pressure can cause a pressure sore to your heel.
- While you are resting move your toes, ankle and knee every hour, for at least 1 minute. This will help blood flow to your leg. This will reduce the risk of developing a blood clot in your leg (DVT).

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

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

Advice to follow until your wound has healed

Dressings are usually left in place for around 5 days. This lets the wound start to heal without being disturbed.

Follow the advice below until your wound has healed:

- When you are asleep keep your leg raised higher than your hips to reduce swelling.
- Try and have your heel hanging over the pillow when you raise your leg. Direct pressure can cause a pressure sore.
- Keep your wound clean and dry.
- Report any signs of infection to the team looking after you, or your GP if you are not being followed up in hospital or by the district nurses.

Signs of an infection include:

- Increased redness around the wound
- Increased swelling
- Increased pain
- Increased heat
- Pus
- A smelly fluid oozing from wound

Some swelling, warmth, discomfort and oozing from the wound is normal but if it changes quickly or you are concerned please get it checked.

- Eating a well balanced diet can help with healing. The Eatwell Guide on the NHS website can be viewed here: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>
- 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 wound healing. Smoking prevents wounds from getting enough oxygen, which is needed for healing. When you stop smoking, the benefits can happen within a few days.
- If your wound starts to bleed heavily, apply pressure over the dressing with a towel or bandage if you have one. Raise your leg higher than the level of your heart for 10 minutes. If the bleeding does not stop go to the Emergency Department. If it has stopped, arrange for the team looking after you to look at the wound. Do not remove any dressings yourself as this might start the bleeding again.



Arrangements for your first dressing change:

We have made an appointment for the district nurse to visit you on:

..... for a dressing check and change.

Please book an appointment with your practice nurse at the GP on:

..... for a dressing check and change.

Please attend the Plastics, Burns and Dressing Clinic at Level 3, Balmoral Building, Leicester Royal Infirmary on:

..... for a dressing check and change

Contact details

Injuries Unit, Emergency Department, Leicester Royal Infirmary 0116 258 5727

Burns and Plastics Dressing Clinic can be contacted on Tel: 0116 258 5328 (we aim to be available for advice over the phone Monday to Friday, between the hours of 8am and 3pm)

District nurses 0300 300 7777

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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