

Shin cuts

Emergency Department Patient Information Leaflet

Introduction

This leaflet is for people who have a cut on their shin. This is known medically as a pretibial laceration. This leaflet gives information about treatment and how to care for your wound.

How is it treated?

This type of cut on your leg needs special care. It can take two months or possibly even longer to heal.

As the skin is thin we do not usually use stitches to close the wound, as this may damage the skin even more. We use paper stitches called Steri-Strip wound closure strips.

We need to ensure that the cut will heal as quickly as possible so it is important to maintain a good blood supply to the wound and prevent swelling. This is the function of the bandage we have applied from your toes to knee.

How do I care for my wound?

- Continue with your normal activities.
- Keep moving your ankle by pointing your toes and then bringing them back up. This will prevent your ankle from becoming stiff and encourage a good blood supply to the area (good circulation).
- When resting, raise your leg as high as you can comfortably manage to prevent the wound bleeding and swelling.
- It is also important to keep your leg warm to encourage good circulation.
- The wound is usually best left for several days before putting another dressing on it. This will give your leg a chance to start healing, and the pain to settle down, before the wound is disturbed.
- Avoid getting the bandage wet.
- Try not to stand still for long periods.

The healthcare practitioner who treats your wound will give you advice about follow up. This is normally at your GP surgery.

What if I am in pain?

To relieve the pain, take painkillers such as ibuprofen or paracetamol, if you can take them (always read label; do not exceed the recommended dose).

What should I look out for?

If you have any of the following symptoms, go to your nearest Emergency Department (A&E) as soon as possible:

- Your leg bleeds heavily and soaks the dressing.
- Your toes become very swollen.
- You have pain that is not controlled by rest, raising your leg up or painkillers.

Also go to the Emergency Department if you have any concerns about your leg wound.

Can I find out more?

If you have any questions, or if there is anything you do not understand about this leaflet, please speak to one of our nurses. If you need help when you return home, please contact your GP or NHS 111.

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/accident-emergency/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm să sunați la 0800 073 0510.

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