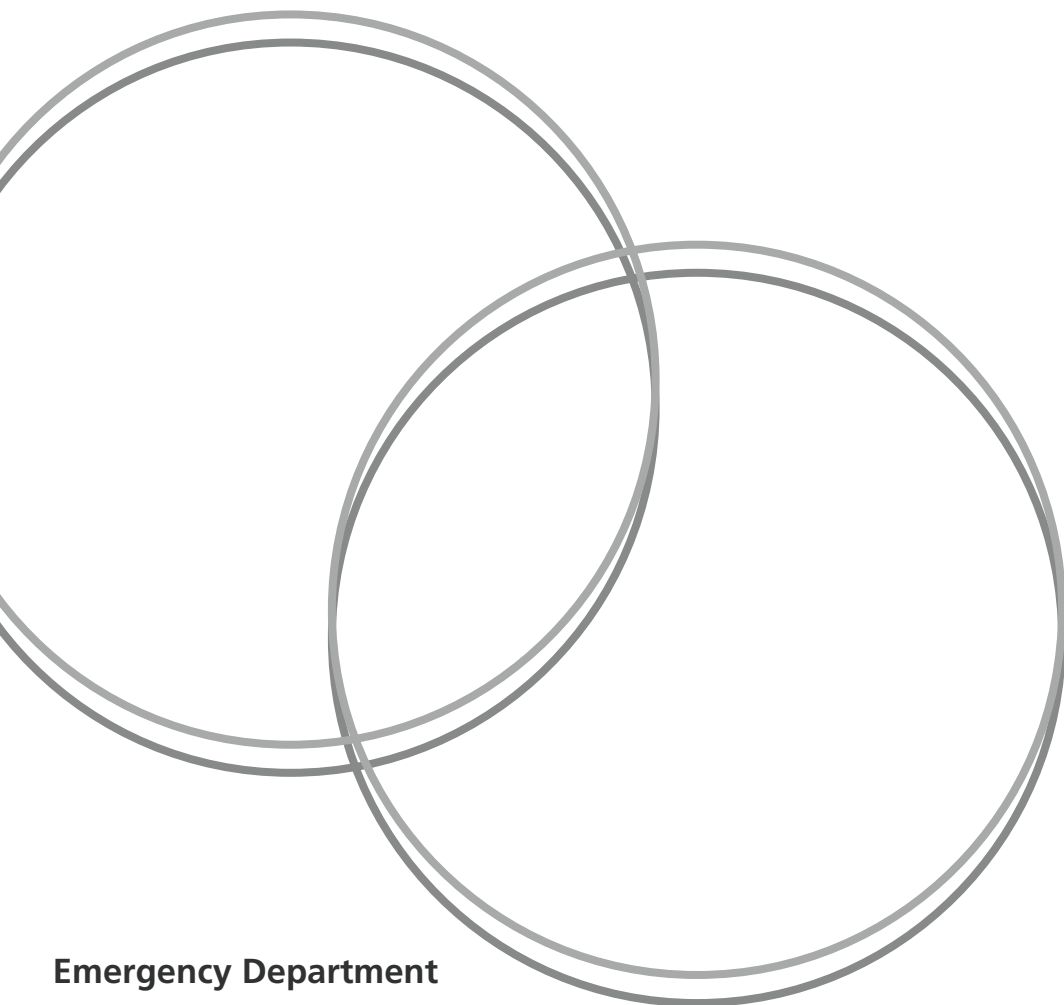


# Advice about a pretibial laceration

Information for patients



Emergency Department

## What is a pretibial laceration?

A pretibial laceration is a cut usually involving the lower third of the shin (the lower leg). It often happens as a result of a fall or a direct blow against a blunt object.

People on steroid therapy or older people whose skin has become thin with age are more likely to get a pretibial laceration.

The blood supply to this area is limited. This means that, depending on your age and general health, it may take several months for the wound to heal.

In some cases, a small operation may be required to replace the injured skin.

## Signs and symptoms

- Tear in the surface of the skin
- Pain
- Bleeding
- Blood clots

## Treatment

This type of wound is unsuitable for suturing (stitching) because the skin in this area is too delicate. Instead the edges of the skin are held together with a mepitel dressing which holds the skin in place. A non-stick dressing has been applied to cover the dressing. It should have been marked with an arrow indicating the direction your practice nurse should remove it to keep the skin in place.

The dressing needs to stay dry and intact for 5 days.

We recommend that you make an appointment with your practice nurse for 5 days time to review your wound. You can contact your GP practice sooner if you have concerns.

## **How to look after your wound at home**

Keep moving by walking around as usual. Try not to stand for a long time in one position.

You should rest with feet up so that your ankles are higher than your heart. Do this at least three times a day for about half an hour at a time. This will help reduce any swelling and help the wound to heal more quickly.

You should make an appointment to see your practice nurse in 5 days time so that the wound can be re-dressed and checked to ensure that it is healthy.

Be aware that these wounds take some time to heal because of the limited blood supply to the area. In some cases a small operation may be required to replace the injured skin.

## **For further information or advice**

Please call **NHS 111** or contact your GP.

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Emergency Nurse Practitioner team  
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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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