

Shin wound (Pretibial Laceration) Accident & Emergency Department

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این پروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Southport & Formby Hospital
Town Lane, Kew,
Southport, Merseyside,
PR8 6PN
Telephone: 0151 426 1600

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
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It is important that you report any new or persistent problems to your GP, local A&E or Walk in Centre, since it is often impossible to recognise and treat all elements of injury or illness in a single visit. Meanwhile, follow the instructions below as indicated for you.

- The cut on your leg is one that needs special care. It can take from a few weeks to several months to heal.
- Generally we do not stitch this type of wound because the skin on the shin can be very fragile. Only in certain circumstances may suturing be considered as an appropriate method of closure.
- Often we use paper stitches to close the skin as neatly as possible. We try to ensure the dressing is one that is non-adhesive in order to promote healing and prevent further skin damage.
- Sometimes we need to secure the dressing with a bandage, this helps keep good circulation in the leg and also helps prevent swelling in your foot. If the bandage ever feels too tight please loosen or remove until it feels comfortable again.
- Despite the greatest care, any wound can become infected. We don't routinely give shin wounds anti-biotics at the time of injury unless the clinician has any concerns regarding the nature of injury/environment.
- If your wound becomes red, more swollen, discharges pus or you feel unwell please seek urgent medical attention.

When the dressings need to be changed, you should attend your local clinic (Details will be supplied by A&E Department).

DO

- Keep your bandage on until a nurse dresses the wound.
- Have plenty of rest with your foot and leg elevated, particularly for the first week. The foot should be higher than your waist.
- Exercise after the first week; walking is good for circulation and wound healing.
- Try to avoid standing still for long periods.
- Take painkillers as necessary, Paracetamol is often the best.
- Keep your bandage dry.
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Arrange an appointment with your local clinic for redressing on:

Other instructions

If you are at all concerned, please contact:

A&E Department
Telephone: 01704 704437 (Nurses' Station)
NHS 111

Please retain this leaflet for future reference