

Pretibial Lacerations

Minor Injury Unit



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- The cut on your leg is one which needs special care and can take anything from a few weeks to a few months to heal.
- We don't use stitches on this type of cut because the skin is usually very thin on your leg, we instead use wound closure strips.
- Your cut will heal better with a good supply of blood to it which is why we put the bandage all the way from your toes to your knee. This ensures a good even circulation to your leg.

Things to remember about your bandage

Do:

- Keep your bandage on until your next visit
- Keep yourself mobile and walking around as usual
- Rest 2 or 3 times a day for ½ hour each time by sitting or lying down with your legs higher than your bottom
- Take something simple like Paracetamol if you need painkillers.

Don't

- Get your bandage wet
- Stand for a long time in one position

Speak to your GP or attend your nearest hospital if:

Your leg bleeds heavily, soaking the dressing thoroughly

Your toes become very swollen

You are worried about your leg for any reason at all.

If you need further advice you can telephone 111 for immediate advice.



Contact us [if not included elsewhere]

This factsheet has been produced by the service.

Your team is based at

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Telephone:

.....

Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**

E:communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
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