

If you require a translation please contact:

Se avete bisogno di una traduzione si prega contattare:

Si usted requiere una traducción de esta información por favor contacte a:

اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

PRE-TIBIAL LACERATIONS

Advice for Patients

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA

Telephone 01784 884488 Facsimile 01784 884017

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone 01932 872000 Facsimile 01932 874757

PATIENT INFORMATION

PRE-TIBIAL LACERATIONS

The cut on your leg is one which needs very special care and can take a number of weeks or months to heal. Because the skin on your leg is usually very thin and fragile we use steri-strips to close the wound. Your cut will heal better with a good supply of blood to it, so a bandage is often applied from your knee to your toes. This ensures a good , even circulation to your leg. In order to promote healing:

DO'S

- **Do** keep your bandage on until the next dressing change appointment.
- **Do** keep yourself mobile and walking around as usual.
- **Do** rest regularly during the day for 1/2 hour each time ensuring that you keep your legs elevated.
- **Do** take pain relief as necessary.
- **Do** eat well and drink plenty of fluids.

DON'T

- **Do not** get your dressing wet.
- **Do not** stand for a long time in one position.

RETURN TO HOSPITAL BEFORE YOUR NEXT APPOINTMENT IF:

- your leg bleeds heavily, soaking the dressing.
- Your toes become very swollen.
- You are worried about your leg for any reason.

FURTHER INFORMATION

If you are concerned about your injury or require additional advice please telephone **01784 884828** for Walk-in Centre at Ashford Hospital or **01932 722025** for Accident & Emergency at St. Peter's Hospital.

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