

Advice for care of a pre-tibial laceration

A tear of skin on the front of the lower leg is called a pre-tibial laceration, often occurring as a result of falls or direct impact with the edge of a hard surface.

A skin tear can take up to five weeks to heal fully, depending on the severity of the wound and other medical conditions.

Your wound has been cleaned and closed with adhesive strips (Steristrips® or Leukostrips®), and then a supportive dressing and bandage applied. The wound should be reviewed in a few days.

Wound check (Emergency Department/Practice Nurse) _____ days

Removing the strips

Adhesive strips can be removed easily after moistening for about 10 minutes. If you are not happy to remove them yourself please contact your GP practice nurse.

Remove strips in _____ days

What to watch out for

There is no need to return to the Emergency Department or your GP until your next appointment unless complications occur, such as:

- Bleeding, or wet dressings
- Signs of infection (increasing pain, swelling, discharge, or offensive odour)
- Numbness or a feeling of pins and needles in your toes
- Swelling of toes

How to help the wound heal

In order to get the best possible results, please make sure you follow these steps:

- Keep your injured leg elevated when possible.
- Exercise your leg:
 - Circle the foot from the ankle.
 - Move foot up and down from the ankle.
 - Bend toes forwards and backwards.
- Eat nourishing food and drink plenty of fluids.
- Take simple painkillers such as paracetamol if you need to.
- Do not interfere with your dressing and keep it clean and dry.

For more information contact:

- Emergency Department 01535 294481
- NHS 111 111, or 111.nhs.uk
- The NHS website www.nhs.uk

Notes:

Are you a victim of Domestic Violence? For confidential advice, contact:

Bradford	0808 2800 999	https://www.stayingput.uk.net/contact
North Yorkshire	03000 110 110	https://www.idas.org.uk/
Lancashire	0300 323 0085	https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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