



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18802.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਵਿਰਧਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Pre-Tibial Lacerations Advice for Patients

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.

Should you require further advice or assistance please telephone **01932 722025** for Accident & Emergency at St. Peter's Hospital.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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