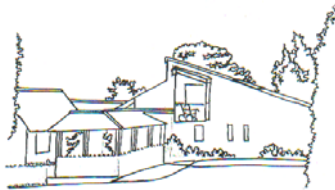


- ⇒ If your condition does not improve or gets worse, please contact the surgery during opening hours on 01948 860205.
- ⇒ If you require information or advice which is non-urgent, you can telephone NHS Direct, a 24 hour advice line, on 0845 46 47.
- ⇒ **OUT-OF-HOURS COVER:** Medical advice is always available for emergencies at night, weekends and all bank holidays. If you require advice urgently, please call 01948 860205. The recorded message will give you the number to call for the GP Out of Hours Service.
- ⇒ **EMERGENCIES:** In the event of a serious problem, such as chest pain or collapse, call 999 immediately.

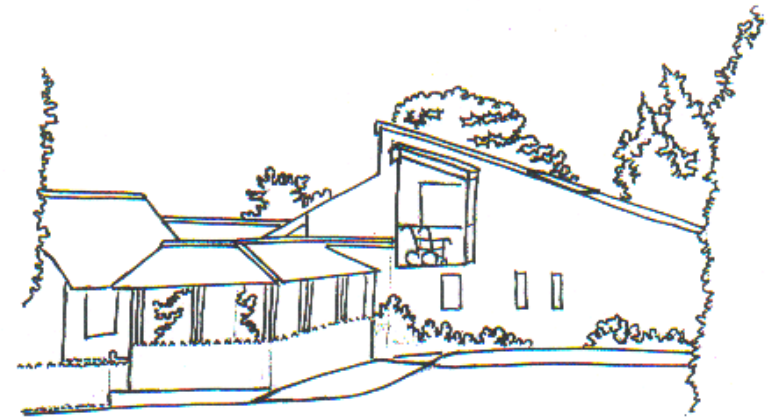


Laurel Bank Surgery  
Malpas  
Cheshire SY14 8PS



Phone: 01948 860205  
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**AFTER-CARE ADVICE ON  
PRE-TIBIAL LACERATIONS**  
LAUREL BANK SURGERY  
MALPAS, CHESHIRE SY14 8PS



**Tel: 01948 860205**

**Fax: 01948 860142**



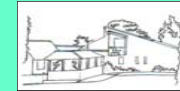
## Pre-Tibial Lacerations

The cut on your leg is one which needs special care due to the poor blood supply and thin tissue. It can take from three weeks to several months to heal.

We don't usually stitch this type of cut because the skin is usually very thin on your leg. Instead, we use either paper strips, called steristrips, or a dressing which will encourage healing.

Your cut will heal better with a good blood supply that can be helped by:

- ⇒ A Tubigrip compression stocking
- ⇒ Elevation of the foot and leg whenever you sit down
- ⇒ Wiggling your toes very frequently.



## Helpful Points to Remember

- Keep your dressing dry
- Watch for signs of infection: increasing pain with associated redness, swelling and a red line running up your leg. If these symptoms occur, please visit your GP or Accident Department sooner than requested.
- If blood oozes through the dressing, return to the Accident Department or your own GP for re-dressing
- If you need pain killers, take something like Paracetamol or ibuprofen
- Keep yourself mobile and walking around as usual
- Avoid standing for a long time in one position
- Avoid sitting with your leg down: always elevate your leg and foot
- Keep any follow-up appointment with your GP or Accident Department..