



Shin lacerations: aftercare advice

Information for patients from the Emergency Department

Please speak to a healthcare professional before following the advice below

You have a cut on your leg, which needs special care and may take many weeks or even months to heal.

Why do I have a bandage / support?

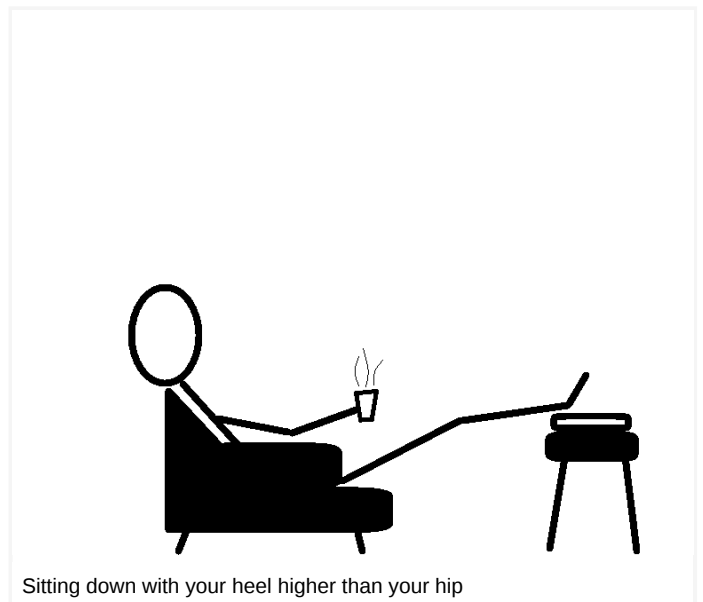
Your cut will heal better with a good supply of blood to it, which is why we have put the bandage or support all the way from your toes to your knee. This makes sure that you have a good, even circulation of blood to your leg.

Do:

- Keep your bandage on until your follow-up appointment with the practice nurse at your GP surgery.
- Keep yourself mobile and walk around as usual (this helps with circulation).
- Rest two or three times a day for an hour, sitting or lying down with your heel higher than your hip.
- If you need painkillers, take something simple like paracetamol or ibuprofen.

Do not:

- Get your bandage wet. Ask a member of staff for advice on how to keep your bandage dry.
- Stand for a long time in one position.
- Take off your bandage.



- Cut or change the length of your bandage.

Return to your GP practice nurse before your next appointment if:

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

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email ekh-tr.pals@nhs.net

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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