

## Sharing your information

Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:

- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine
- management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

## Who to contact

Tissue viability

t: 01634 382767

Unit 7 Ambley Green, Bailey Drive,  
Gillingham, Kent ME8 0NJ  
[tissueviability@nhs.net](mailto:tissueviability@nhs.net)

Our privacy notice is available at [medwaycommunityhealthcare.nhs.uk/privacy/](http://medwaycommunityhealthcare.nhs.uk/privacy/)

If you would like to view or request a copy of your patient record, please email [medch.dataprotection@nhs.net](mailto:medch.dataprotection@nhs.net) or call 01634 334640. In most instances this service is free and we aim to provide the requested information within 1 calendar month. More information can be found by visiting:

[medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/](http://medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/)

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

## Customer care

Please send any comments about Medway Community Healthcare services to: -

Customer care coordinator  
Medway Community Healthcare  
MCH House, Bailey Drive, Gillingham,  
Kent, ME8 0PZ

t: 01634 334650

[medwaycustomer@nhs.net](mailto:medwaycustomer@nhs.net)

All contact will be treated confidentially  
This information can be made available in other formats and languages. Please email [medch.communications@nhs.net](mailto:medch.communications@nhs.net)

Ref: MCH 468



## Advice for patients on pre-tibial wounds or skin tear

Tissue viability service



Medway Community Healthcare CIC providing services on behalf of the NHS  
Registered office: MCH House, Bailey Drive, Gillingham, Kent ME8 0PZ  
Tel: 01634 337593  
Registered in England and Wales, Company number: 07275637



## What is a skin tear?

Skin tears usually occur from an injury in people with fragile skin, which can tear like tissue paper. The skin flap often rolls up within the wound. The skin is too thin to stitch.

### First aid

- if you or anyone is able to, gently unroll the skin
- apply a non-stick dressing such as Melolin or a foam dressing
- secure with a light bandage – do not use plaster as this could cause more trauma when removing
- get medical help as soon as possible.

### Treatment

- the sooner you obtain help the more chance there is of unrolling and preserving the skin flap.
- steri-strips will be applied to hold it in place and will be left on for about a week to allow the skin to unite as much as possible.
- a non-stick dressing will be applied
- you will receive a full assessment to establish any non-healing risks such as diabetes or poor circulation.
- the nurse will decide how often the wound needs to be dressed.

### Possible complications

- the skin flap may not all unite, and be left to heal more slowly.
- if the skin dies it may need cleaning surgically
- a non-stick dressing will continue to be used.

## Signs of infection

- an increase in pain, leakage, redness and feeling unwell (*flu like symptoms*)
- a mixture of these symptoms could mean that you have an infection and you may need an antibiotic.
- if so, see or call your GP or if out of hours contact MedOCC on **01634 891855**

## Pre tibial skin tears (on the shin)

- skin tears on the shin have a risk of becoming ulcerated.
- your risk will be fully assessed at the wound clinic
- a support stocking or padding and bandage may be applied from toe to knee to prevent swelling and improve the circulation.

## How you can help yourself

- carry on with your normal daily activities
- walking is the best way to improve your circulation
- when you are resting keep your leg elevated.

## How to reduce the risk of further injury

- protect your legs with trousers or stockings
- gently keep your legs creamed with emollients
- try to avoid hazards
- if you are experiencing repeated falls, let us know. You could be referred to the Medway Community Healthcare falls service who will assess you and try to help reduce your risk of falls.