

# Plaster Cast Care

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## PLEASE DO

Continue to exercise joints not included in cast, splint or boot to prevent stiffness.

Elevate your limb regularly especially during the first week to alleviate swelling.

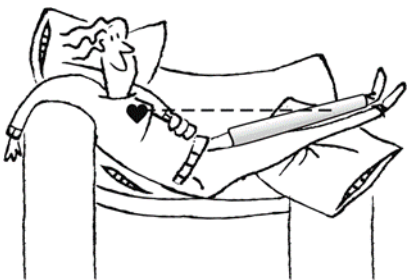
Remove your sling to exercise your arm – unless you have been told not to.

## Arm



To keep swelling down to a minimum, elevate your wrist higher than your elbow on cushions or pillows. Your elbow should be in line with your shoulder also. Regularly flex and extend the elbow and do not forget to exercise your shoulder unless instructed otherwise

## Leg



To keep swelling to a minimum, elevate your foot to the level of your heart on pillows/cushions etc. You need to keep your heel free from pressure. Regularly flex and extend your toes.

Walk/move regularly for short time periods as directed with the use of crutches, frames and walking sticks.

Only cover your cast when showering or bathing, with a purpose made waterproof sleeve. The staff will give you information on how to order one.

## PLEASE DO

Contact the plaster room if any of the following occur:

- Fingers, toes become blue, white, swollen
- Injury becomes more uncontrollably painful
- Pins and needle/numbness
- Blister like pain or rubbing
- Discharge, wetness or odour
- If you drop anything inside your cast
- Cast becomes wet through any means
- Cast, brace, boot is damaged
- Cast becomes loose and uncomfortable

You may be less mobile than usual and a potential complication of this is deep vein thrombosis (DVT), a blood clot in the leg which can spread to the lung. DVT is much less likely in the arm.

Seek medical advice if you experience any of the following symptoms:

- Constant increased pain in the calf, leg or groin
- Shortness of breath when at rest
- Sharp pains when breathing in

If you have severe non-stop pain in your cast it may be a compartment syndrome, which needs urgent medical attention.

## PLEASE DO NOT

- Walk on your cast unless instructed - Walking on your cast when instructed not to could cause complications to the healing of your injury.
- Put anything down your cast - Putting anything down your cast could break the skin, causing infection.
- Get cast wet (surface splashes are ok)
- Go on beach - Going on the beach could mean sand and water getting into your cast, making it wet and abrasive.
- Remove your own cast unless instructed to - Removing your own cast could severely injure the skin, causing blood loss/infection.
- Ignore any worsening pain, discomfort, oozing or odour - Ignoring any worsening pain, discomfort, oozing and odour could lead to blisters, pressure sores, infections going untreated.

## Common Terms

- Fracture; Break - When a bone under splits into two pieces
- Sprain - Injury to ligamentss which attach one bone to another
- Weight Bearing - Putting up to the full weight of the body through the cast
- Partial Weight Bearing - With crutches or a frame, putting only a small amount of weight through the cast
- Non Weight Bearing - Keeping the leg off the ground when walking with a frame or crutches

## Plaster Room

Opening times:  
Mon-Thu 9:00 – 17:00  
Fri 9:00 – 12:00  
Sat & Sun Closed  
Closed Christmas Day

## Fracture Clinic

Opening times:  
Mon-Thu 9:00 – 17:00  
Fri 9:00 – 12:00

## Contact Numbers

Plaster Room	01493 452317
Fracture Clinic	01493 452603
A&E Reception	01493 452200
Switchboard	01493 452452

## Other sources of information

NHS 111 Service  
Advice from trained staff

British Red Cross  
Advice/wheelchairs/aids

Patient Advice and Liaison Service (PALS)  
To make a comment or raise concerns about the  
Trust service contact  
01493 453240/452651

### Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

**TRUST VALUES: We CARE for...**  
*our patients... each other... ourselves*

#### BEHAVIOURS:


**Courtesy and respect**

**Attentively kind and helpful**

**Responsive communication**

**Effective and professional**

**#Proud  
of the  
Paget**

 The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact  
PALS 01493 453240