

## Outpatients

# Looking After Your Plaster Cast

### Fracture Clinic Opening Times

Monday – Friday 8.45am - 16.30pm

#### Do.... ✓

- Keep affected limb elevated.
- Keep un-affected joints moving.
- Use correct Shower/Bath protectors, or wrap a dry towel around plaster. Do contact us for any advice.

#### Do Not.... ✗

- Get the Plaster wet.
- Take your Plaster off yourself.
- Poke anything down your cast (this may result in a sore).
- Do not sit next to a fire or use a hairdryer on your cast.
- Do not use plastic bags or cling-film.
- Do not put creams or talc down your cast as it can irritate your skin.

### Aftercare of your plaster

- Remember you have an injury and may be unsteady.
- Be patient and use your crutches until you are told otherwise.
- If you are weight bearing we will provide a plaster shoe.
- Always make sure you feel safe when showering and bathing.
- Be careful with loose rugs and laminate flooring.



## Patient Information

- When relaxing, elevate your limb to prevent swelling.
- If you have access to stairs remember safety first.
- Do not trust any unstable furniture for support.
- When your plaster is removed you should expect the following:
  - **Pain**; take adequate pain relief.
  - **Tenderness**; this is normal and can take up to 2 to 3 months to settle.
  - **Swelling**; this is normal and can take up to 6 months to reduce. Keep moving your fingers and toes to reduce stiffness.
  - **Deformity**; occasionally the wrist joint can appear to have a different shape to the other side. This is usually related to the way it has healed.

## Avoid Harm

- Smoking can delay healing of the bone and wound which may cause delayed healing.
- A balanced diet is essential in the healing process.
- Driving whilst in plaster is **NOT** advisable. **PLEASE** check with your Consultant and Insurance Company before doing so.
- If you are due to fly with a plaster, please speak to your consultant and the airline, your cast may need to be split.

## Contact us

Call us if:

- Toes or fingers become swollen
- Pins and needles/numbness
- Cast rubs or is too loose
- Discharge/smell from under the cast
- If plaster becomes wet
- If you suffer from:
  - Any excessive pain
  - Shortness of breath
  - Cast is too tight

## Patient Information

Fracture Team daytime Contact Number:

**Coventry** 0247 6966 909

**Rugby** 0178 8669 143

After 4.30 p.m., contact, or go to A&E.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact and we will do our best to meet your needs.

The Trust operates a smoke free policy

### Document History

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