

Patient Information



Looking After Your Plaster Cast

Patient Discharge Information

This leaflet contains advice and information about what to expect when you leave hospital with a plaster cast.

Why have I got a plaster cast?

The plaster cast will keep the area you have hurt still to allow it to get better.

How to look after your plaster cast

- Keep moving your fingers or toes to stop them swelling
- When you are at home keep your poorly leg or arm up on a cushion
- Do not get your plaster wet, so no baths or showers, no jumping in puddles or rolling on wet grass
- Do not poke anything down the side of your plaster cast as this may cause an infection
- Do not put talc or cream down the side of your plaster
- Do not cut your plaster or heat it up
- You can write on your plaster **after** the first day

You need to tell a parent or carer:

- If your fingers or toes go white, blue or feel really cold to touch
- If your fingers or toes become puffy
- If you feel pins and needles
- If your plaster feels tight
- If you feel any wetness under your plaster cast



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- If your plaster cast starts to smell bad
- If your plaster casts gets loose, cracked or broken

Your parent or carer can then phone the hospital and speak to a nurse or doctor who will tell them what they have to do.

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

The Trust operates a smoke free policy

Document History

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