

## Emergency Department

# Advice about your plaster

The injured limb needs to be elevated (raised) to reduce swelling and to be rested for the first 24 hours.

- For **forearm plasters**, elevation in a sling or on cushions should raise the fingers above the level of the elbow;
- For **leg plasters**, elevate your foot (on the sofa with cushions), so that it is higher than your hip.

All joints not enclosed in the plaster should be moved regularly to prevent stiffness.

- Keep your plaster dry at all times (do not heat it);
- Do not poke anything down inside your cast;
- Do not try to cut the plaster;
- Do not participate in sport whilst in plaster;
- Avoid wearing rings if you have a plaster on your arm;
- Do not walk on your leg plaster unless you have been specifically advised to;
- Keep moving the fingers or toes of the injured limb to retain flexibility.

If the plaster is uncomfortable through being too tight, too loose or through rubbing, or if it becomes cracked or broken, return to the Emergency Department or contact the plaster room.

**UHCW plaster room:** telephone 024 7696 6909, Monday to Friday 9.00am to 5.00pm

**Hospital of St Cross (Rugby) plaster room:** telephone 01788 663143, Monday to Friday 9.00am to 1.00pm. Please ring first before attending.



## Patient Information

**Return to the Emergency department immediately if any of the following problems arise:**

- Increasing pain;
- Increasing swelling;
- Pins and needles or numbness;
- Inability to move your fingers or toes;
- Blueness (not bruising) or coldness in the fingers or toes.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6909 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### Document History

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