

Day Surgery Unit

Plaster cast

This information explains the use of a plaster cast on a limb. The cast is designed to reduce movement and allow the healing of broken bones and other injuries. It will take 48 hours for a plaster (chalk-white) cast and one hour for a fibreglass (coloured) cast to dry fully. Extra care must be taken until then so as not to damage, dent or mark the cast.

What should I do now?

- Protect the cast from damage;
- Do not use artificial heat to dry it;
- Do not push objects down it which may be left inside;
- Do not allow anyone to write or draw on the cast until it is fully dry;
- Do not walk on limb casts unless you have been clearly advised to do so;
- Keep moving the fingers or toes of the injured limb to retain flexibility;
- Raise the injured limb whenever possible in order to minimise swelling;
- Use pain relief as advised by the doctor or nurse who treated you;
- Attend any appointments made for you.

You should contact the plaster room if:

- You are in excessive or increasing pain;
- The cast seems too tight;
- The fingers or toes of the injured limb become swollen, discoloured or numb;
- The cast becomes wet, damaged or develops a foul smell.

For further advice/information:

Contact the plaster room on: **024 7696 6909**.

Finally, before you leave, please speak to a member of staff if:

- You think you need more advice or treatment for any pain or symptoms;
- You need further advice about medications or instructions you have received.



Patient Information

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

Document History

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