

## Contact

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### **Royal United Hospitals NHS Foundation Trust**

Combe Park  
Bath  
BA1 3NG

**Plaster Room:**  
01225 824004

**Opening Times:**  
Mon – Fri 09:00 – 17.00

**Telephone: Emergency Department  
01225 824000**  
(If any concerns out of hours of Plaster  
Room)

## Plasters and Casts



Contact the Plaster Room, or your nearest Emergency Department, immediately if you experience any of the following

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- The toes or fingers become blue or swollen
- The limb becomes very painful
- You have pain in your calf
- You have pain in your chest or shortness of breath
- You feel “pins and needles” or numbness
- Any “blister-like pain” or rubbing under the cast
- You have any discharge, wetness or smell under the cast
- If a foreign object becomes stuck inside the cast
- Your cast feels very tight or very loose
- Your cast becomes cracked, soft, loose, tight, or the cast is rubbing
- If your cast gets wet

Caring for your cast and limb:

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**Do:**

- Elevate the affected limb especially in the first few days
- Exercise any joints not held in the cast as much as possible
- Allow the cast to dry naturally

**Do not:**

- Let the limb hang down for long periods
- Get the cast wet
- Cut, heat or otherwise interfere with your cast
- Walk on your cast, unless instructed to do so
- Put anything down the cast to scratch

Walking Plasters

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**You should:**

- Walk ‘heel to toe’ and straight forward
- Move your toes and tighten your muscles inside the plaster
- Use crutches in the way that you have been shown
- Wear the cast shoe provided
- Weight bear as instructed

**Flying:**

Many airlines require your cast to be split before flying. Seek advice with the airline and your doctor, at the hospital, before flying.

**Driving:**

Your insurance may not be valid whilst you are being treated in a cast. Seek medical and insurer advice before driving.