Royal United Hospitals Bath
NHS Foundation Trust

Caring for your plaster cast

Orthopaedic Patient Information

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

- 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

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 with a Plaster cast

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 were 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.

Plaster cast after a joint Manipulation

If your fracture has been manipulated a close fitting moulded cast will have been applied. Due to this there is a risk of your cast rubbing which may cause a sore.

If concerned please contact the **Plaster Room: 01225 824004** - **Opening Times: Mon – Fri 09:00 – 17.00**, or during out of hours your nearest Emergency Department.

Royal United Hospitals Bath NHS Foundation Trust
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01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone 01225 825656 / 826319.

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