Orthopaedic Department

Instructions on care of your casts

DO

Do keep your cast dry.
If you get your cast wet it may disintegrate and cause skin problems.

Do regularly exercise all joints that are not in cast on your injured leg/arm (e.g. fingers, toes, knee, elbow, shoulder).

Do elevate/raise your injured arm/leg when at rest. This helps reduce swelling and pain. If your leg is in cast it needs to be elevated up to chest level or above with the heel free from direct contact. (eg. not resting on any surface for long periods).

Do regularly change the resting position of the limb to minimise the risk of pressure, particularly over prominent areas.

Do telephone the plaster room if you have any problems.

- Broken, cracked or dented casts.
- Loose, tight, soft or wets casts.

Do telephone **immediately** if you have:

- Pins and needles, numbness or blueness (not bruising) of toes or fingers which is not relieved by elevation.
- Excessive swelling or pain.
- Soreness or rubbing under the cast.
- Any discharge or bleeding which has seeped through the cast.
- A strong smell/odour under your cast (particularly after surgery).
- If you drop anything down your cast.

compassionate care

Don't

Don't walk on your cast unless you have been told you can do so. If you are allowed to walk on it you will have been given a shoe and this must be on all the time except in bed.

Don't walk on your cast until it is fully dry - allow it to dry naturally.

Drying times- Plaster of Paris - 48 hours Synthetic Cast - 30 minutes

Don't sit close to a fire, your cast may become hot and burn you.

Don't wear nail polish on fingers/toes of your injured arm/leg.

Don't wear rings - fingers can swell.

Don't wear your sling for more than 24 hours if you have a cast below your elbow.
If your cast extends above your elbow you may wear a sling but remember to remove for bed and exercise.

Don't push anything down your cast.

Don't cut, remove or interfere with your cast.

Remember to Telephone First

The Plaster Room is open Monday to Friday 9.00am to 4.30pm
Telephone No: Halifax (01422) 222079 or Huddersfield (01484) 342562

If the Plaster Room is closed, contact the Accident and Emergency Department
Calderdale Royal Hospital (01422) 222287 or Huddersfield Royal Infirmary (01484) 342300

Reference SN Medical (2000) A practical guide to casting

If you have any comments about this leaflet or the service you have received you can contact :

Orthopaedic Department/Plaster Room

Calderdale Royal Hospital (01422) 222079 or Huddersfield Royal Infirmary (01484) 342562

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce,
obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych
informacji w innym formacie lub wersji językowej,
prosimy skontaktować się z nami, korzystając z ww.
danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"