Orthopaedic Department

Information following removal of your cast

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Now that you are free of your cast you may still experience some or all of the following problems.

- You may have stiffness of the joints with aching and discomfort.
- You may still have swelling.
- You may swell and ache after using your arm or leg.
- The skin may be dry and flaky.
- There may still be bruising and discolouration of the skin.

All of these symptoms are normal

Things you can do to help

- Gentle movement of stiff joints especially in warm water.
- Build up activities gradually. Stop and rest often and elevate arm or leg to reduce swelling.
- Wash and dry skin thoroughly and moisturise to improve dryness.
- Any bruising or discolouration should fade in time.

Do not wax, shave or use hair removal creams for at least 2 days as skin will be sensitive.

If you experience any further problems to these, increased pain, swelling or a change in colour please seek advice from your G.P or telephone the department.

Remember to telephone first

The Plaster Room is open Monday to Friday 9.00 am to 4.30 pm
Huddersfield Royal Infirmary Telephone No: (01484) 342562
Calderdale Royal Hospital Telephone No: (01422) 222079

Out of hours
Accident and Emergency Department
Huddersfield Royal Infirmary Telephone No: (01484) 342300
Calderdale Royal Hospital Telephone No: (01422) 222325

compassionate care

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

Orthopaedic Department

Huddersfield Royal Infirmary
Telephone (01484) 342000

or

Calderdale Royal Hospital
Telephone (01422) 222079

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 ਪਾਰੂਪ 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"