

After your cast has been removed:

- You may find your leg/arm feels thin and strange, this is normal.
- You may experience swelling, discomfort and stiffness in the affected limb. This is quite normal and may continue for several weeks. You may find it helpful to keep the limb elevated.
- Your skin may be dry and itchy (do not scratch), try using baby oil or moisturiser.
- Your skin will be sensitive, be careful if going in the sun – apply a sunblock.

Remember:

- Bring a wide fitting shoe for the day you are due to have your leg cast removed.
- As you are wearing a plaster cast you may require several treatments during your visit to clinic such as x-rays and dressings. This along with varying numbers of patients means that sometimes you may have to wait for longer than we would like. We apologise for any inconvenience.

Please contact us if you cannot attend your appointment or have any problems or queries.

Tel: 0151 604 7069 (appointments)
0151 604 7573 (plaster room)

This leaflet is available in large print, Braille and on tape. Please contact 0151 604 7289 if calling from outside the Hospital and x2761 if calling from inside the Hospital.



Wirral University Teaching Hospital NHS Foundation Trust operates a No Smoking Policy. Please refrain from smoking on site.

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Plaster Care Booklet

Fracture Clinic
Arrowe Park Hospital

wuth.nhs.uk

Do Not:

- **Get your cast wet** – this will cause problems with your skin
- **Push any objects down your cast** – this will cause sores
- **Attempt to dry your cast with a hairdryer** as your cast will become hot and burn you
- **Remove or trim your cast** – it is important that you wear your cast for the total amount of time prescribed by the doctor
- **Walk on your cast** until it is completely dry and then **only** if you have been told to do so
- **Do not drive** without first seeking advice from your doctor and insurance company. It is dangerous to drive whilst wearing a cast and your insurance may not be valid and you are open to prosecution under the Road Traffic Act 1988
- **If in a leg cast do not stand for long periods**

Do:

- **Take care of your cast** until it is completely dry
- **Exercise regularly** all joints not enclosed in your cast especially fingers and toes. This will prevent swelling and reduce stiffness
- **Elevate the injured limb** when at rest. Leg casts elevate foot waist high or above, arm casts elevate hand in line with your shoulder
- **Wear the shoe provided** if you are allowed to walk on your cast
- **Take regular pain relief** as instructed on the container or prescribed by the doctor

**Contact the plaster room on
0151 604 7573
between the hours of
8.30am-3.30pm
Monday to Friday**

**if you have any problems with your
cast such as:**

- Rubbing
- Cracking
- Softening
- Becomes loose or uncomfortable
- Excessive itching
- Accidentally becomes wet

**Contact the plaster room
immediately if any of the following
symptoms occur:**

- **Increased swelling** that is not relieved by strict elevation of the limb after half an hour
- **Numbness, coldness or pins and needles** of your fingers or toes.
- **Fingers or toes that are blue, bright red or white** (do not be confused with bruising, if in doubt check with the hospital)
- **Increase of pain** or your cast becomes uncomfortable
- **A rash**
- **If you drop anything down your cast**
- **If any wetness or unusual smell** coming from inside your cast
- **Inability to move your fingers and toes**

If this happens outside of plaster room hours please attend the

**Accident & Emergency Department
at
Arrowe Park Hospital**

Observing all of the above can reduce the risk of complications such as:

- Circulatory problems
- Nerve damage
- Skin damage