

Plaster Cast Instructions

Here is some advice about the care of your plaster cast:

Do:

- elevate the affected limb to prevent further swelling
- exercise the fingers/toes of the affected limb
- exercise the joints above the cast to prevent stiffening
- keep the cast clean and dry.

Do Not:

- get the cast wet
- insert anything under the cast
- trim or reshape the cast or try to remove it
- rest the cast on a hard surface, as it may dent or crack
- walk on it, unless told to do so.

Contact the hospital immediately on the telephone numbers below if:

- moderate pain becomes constant and severe
- you develop pain in your calf or chest
- you find you are becoming breathless
- there is any leakage or offensive odour from the cast
- the cast becomes tight/loose/cracked/soft/broken
- the cast rubs or presses against the skin, causing pain/irritation

You notice any of the following affecting your fingers/toes:

- marked swelling
- numbness/loss of sensation/pins and needles
- marked coldness
- marked blueness/whiteness
- difficulty in movement
- slight itching under the cast becomes severe or persistent
- you are worried about your cast in any way.

Please note that you may not be insured to drive with your plaster cast on. You are advised to check with your insurance company.

Instructions for parents and carers

Please share these instructions with all relevant family or carers.

Here are some telephone numbers if you want further advice:

From Monday to Friday, between 9.00am and 5.00pm, contact the Plaster Room at:

Bassetlaw Hospital, on 01909 572046
Doncaster Royal Infirmary, on 01302 644608

At all other times, contact Accident & Emergency Reception at:

Bassetlaw Hospital, via Switchboard on **01909 500990**
Doncaster Royal Infirmary, via Switchboard on **01302 366666**

If you are in any doubt at all about your plaster cast, please do not hesitate to contact us.

Patient Experience Team

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059

Email: dbth.pals.dbh@nhs.net

