

Additional Notes

Our Vision

Putting patients first while striving to deliver the best quality healthcare.

JB 70377

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Website: www.rbch.nhs.uk ■ Tel: 01202 303626



Plaster & Casts

Orthopaedic Casting Team

This leaflet has been designed to answer any questions you may have.

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Instructions to Patients after application of Plaster of Paris or Synthetic Cast

This will not be fully dry for 48 hours (30 minutes for Synthetic). In both cases you need to follow the advice below:

Taking care of your cast:

Do:

- ✓ Elevate the affected limb as much as possible to prevent swelling
- ✓ Exercise all joints not in plaster/cast to prevent stiffening
- ✓ Keep the cast clean and dry

Do not:

- ✗ Wet, heat, cut or remove the plaster/cast
- ✗ Insert anything under the cast
- ✗ Walk on the cast unless you have been advised to do so.

Check your plaster regularly

If any of the following problems occur, contact the Orthopaedic Casting Team on **01202 704442**.

Opening hours: Monday - Friday 8.30am - 4.30pm.
Out of hours, please contact the Orthopaedic ward on **01202 704934**.

- If your fingers or toes become swollen blue or white
- If your fingers or toes become numb or difficult to move
- If you experience undue pain on the affected area
- If there is any discharge or burning sensation under the cast
- If the cast becomes uncomfortable, cracked, loose or starts to rub
- If there is any unpleasant odour under the cast