

INFORMATION FOR PATIENTS

Care of your plaster or synthetic cast

Plaster of Paris cast

You have been prescribed a plaster cast to treat your injury. It will give you support and comfort. The plaster feels warm and will begin to set into a solid structure within three to four minutes. It may feel firm/hard after a few minutes but will take up to 48 hours to dry fully.

Synthetic cast

This treatment has been prescribed to treat your injury. The material used is lighter and stronger than the traditional Plaster of Paris cast and takes approximately one hour to dry.

It will take time for you to adjust to your cast

If you have a cast on your arm/hand try to exercise your fingers, elbow and shoulder joints. Elevate your plastered limb when you are resting.

If you have a cast on your leg, please use the crutches supplied. Please return them to the department when you no longer need them.

Waterproof protectors are available to purchase to keep your plaster dry. Please ask a nurse for details.

Please DO NOT:

- Press or stand on your plaster until instructed to do so.
- Write on your plaster until it is dry, which may take 48 hours.
- Push anything down your plaster. The slightest scratch could develop into an ulcer.
- Cut or remove your plaster, knock or bump it.
- Get your cast wet.
- Drive a vehicle.
- Lift heavy objects.

We need to know if you have any of the following problems:

- Pain which is not controlled by the medication the doctor has prescribed for you.
- Your cast feels too tight or too loose.
- Your cast is cracked, broken or becomes soft.
- Your limb in a cast feels continually cold or you notice a white or bluish discolouration of the skin.
- You have placed anything down your cast.
- You feel any soreness in any area under your cast.
- You feel any heat or see redness in your fingers/toes.

- You experience any unpleasant smell or discharge from your plaster.

Skin care after removal of your cast

You may find that your skin is dry after your cast has been removed. Using an unperfumed moisturiser on the affected area may help.

You may experience swelling in the affected limb once your cast has been removed. This is normal and may continue for a few weeks.

Reducing your risk of developing a blood clot

For more information please click on the following Patient Info weblink:

<https://patient.info/health/deep-vein-thrombosis-leaflet>

Contact details

If you have any other problems or concerns, please call the hospital between 9am and 4pm on 01623 622515, extension 4114 and talk to one of the plaster room staff.

Outside of these hours, please contact the Emergency Care Department at King's Mill Hospital on 01623 622515 extension 4121.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you need this information in a different language or format, please contact the PET (as above).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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