

Symptoms

If you suffer with one of the following symptoms after the application of a plaster cast, **Please seek urgent medical advice** from your nearest Emergency Department:

- Pain gets worse.
- Coldness, blueness or numbness of fingers or toes.
- Swelling and plaster becomes too tight.
- Become short of breath.
- Develop chest pain.

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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 would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

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 (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Plaster casts

Emergency Department

King's Mill Hospital

Mansfield Road
Sutton in Ashfield
Notts NG17 4JL
Telephone: 01623 622515, extension 2789

Newark Hospital

Boundary Road
Newark
Notts NG24 4DE
Telephone: 01636 681681

Care of your plaster:

- Avoid getting it wet. You can use a plastic bag to cover up the cast when you have a bath or shower. Try using sticky tape or a rubber band to seal the bag at the top and bottom to make it watertight. Always remove the bag as soon as you can to avoid causing sweating, which could also damage the cast.
- Keep it clean.
- If it is uncomfortable – telephone the relevant number on the front of this leaflet or the fracture clinic.

Exercises whilst in plaster

To be done hourly whilst awake. If you do them regularly, they will speed your recovery.

Arm plasters (as the plaster allows):

- Lift arm above and behind head and neck.

- Put arm down and round behind the back.
- Move the fingers aiming to make a complete fist, and then straighten the fingers fully.

Below the knee plasters:

- Fully bend and straighten the knee (if the knee joint is free from the plaster).
- Move toes fully up and down.
- Bend the hip up and down, taking the leg behind you.
- When resting keep the foot upright - no flopping to the side.

Above the knee plasters:

- Full toe movements (and full ankle movements if free from plaster).
- Tighten the thigh muscles inside the plaster.

Limb and skin care

To avoid swelling in any plaster, support the leg or arm, with the hand or foot held up.

There is a small risk that an area of skin under the cast may break down. This could cause a break in the skin leading to a possible plaster sore (pressure ulcer) and serious infection.

To prevent this from happening:

- We will assess you when the cast is put on.
- Do not put sharp implements inside your plaster to scratch/rub an itch.
- If you have persistent pain or notice a unpleasant smell in the cast, please seek advice.

If you have any concerns, please call the fracture liaison nurses on 01623 622515, extension 4114, or mobile 07748768855, between 9am and 5pm, Monday to Friday. Outside these hours, please telephone the relevant number on the front of this leaflet for advice.