

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 overleaf if:

- 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
- 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

Continue overleaf



- the cast becomes tight/loose/cracked/soft/broken
- the cast rubs or presses against the skin, causing irritation
- 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.

Here are some telephone numbers if you want further advice:

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

- **Bassetlaw Hospital, on 01909 502046**
- **Doncaster Royal Infirmary, on 01302 366666 ext 3549**

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 Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Minicom (Text talk): 01302 553140 **Email:** pals.dbh@dbh.nhs.uk.

