

Patient information

Plaster cast information - children

Please look after your plaster. It is an essential part of your treatment. We hope that the following will help you:

- Keep the injured limb raised as much as possible for the whole time you are in cast.

Arm

- Keep an injured arm raised above heart level and exercise your fingers and other joints as instructed.

Leg

- Keep an injured leg raised above waist level when sitting or lying and exercise your toes and other joints as instructed
- Use crutches/sticks as instructed (please return all borrowed walking aids)
- Weight-bear only as instructed

Do not

- Let the plaster cast get wet
- Cut or bend it
- Poke anything down under the plaster
- Stand or leave your limb unsupported for long periods
- Remove any of the padding

Care of a synthetic cast

This material is inflammable, so take care near flames or open fires. It is not waterproof, but can be cleaned with a damp cloth. Be careful not to get any of the padding wet.

If in doubt, please telephone for advice and to make an appointment – please

do not just turn up.

Special advice

Please telephone the Plaster Room on 01284 714022 (office hours only Monday-Friday 8:30am – 5.00pm) if your plaster:

- Rubs
- Cracks
- Becomes loose or uncomfortable
- Softens
- Gets wet
- Or you just need advice

Return to Emergency Department immediately if there is:

- Swelling increase which causes discomfort
- A feeling of pins and needles or numbness
- Blueness (not bruising), paleness or discolouration
- Undue and increasing pain
- Inability to move fingers or toes

Further advice

If you are worried or need advice you can call the following departments who can best advise you on what to do:

- Rainbow Ward on 01284 713315 (24hrs a day)
- Your own GP / GP out of hours
- NHS 111
- Accident & Emergency Dept. (24 Hours) 01284 713739
- Fracture Clinic (Office Hours only) 01284 713306

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website www.wsh.nhs.uk and click on the link, or visit the disabledgo website:

<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>