

Patient information

Plaster cast information

Please look after your plaster cast. 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.
- ✓ Take advice re insurance before driving.

Special advice

Do not

- ✗ Stand or leave your limb unsupported for long periods.
- ✗ Let the plaster cast get wet
- ✗ Cut or bend the plaster cast
- ✗ Poke anything down under the plaster

- ✘ Remove any of the padding

Please remember that having to replacing a plaster cast incurs a cost to the Trust.

Care of a synthetic cast

This material is inflammable, so take care near flames or open fires/naked flames.

If in doubt, please telephone for advice and to make an appointment. Please do not just turn up as this can result in long waiting times.

Please telephone the Fracture Clinic on 01284 713305 (office hours only - Monday-Friday 8:30am—5.00pm) and ask for the plaster room. Please have your MRN/hospital number ready.

Please telephone if your plaster:

- rubs and becomes very sore
- cracks or breaks
- becomes loose, so it no longer supports your limb, or can be removed
- gets wet
- or you just need advice

Return to the Emergency Department immediately if there is:

- a significant increase in swelling which causes severe pain
- a feeling of pins and needles or numbness that does not subside
- blueness (not bruising), paleness or discolouration of the skin
- undue and increasing pain
- inability to move fingers or toes
- severe pain that does not subside with adequate pain relief and is persistent

Useful contacts

Emergency Department	Telephone 01284 713739	24 hours
Fracture Clinic	Telephone 01284 713306	office hours only

If leaving a voicemail please speak slowly and clearly leaving only:

- your name
- MRN/hospital number
- telephone number

NHS Non-emergency Helpline 111 (24 hours)

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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