

## Looking after your plaster cast

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

## How to care for your plaster cast

- Keep your arm or leg raised on a soft surface, such as a pillow for as long as possible in first few days. This will help any swelling go down
- Do not get your plaster wet as this will weaken it and your bone will no longer be properly supported
- When you shower or have a bath, use a plastic bag to cover up the cast. You can try an elastic band to seal the bag at the top and bottom to make it as watertight as possible
- Alternatively you can buy special covers for your plaster (ask your pharmacist)
- If you do cover with a plastic bag make sure to remove it as soon as possible to avoid causing sweating within the plastic which in turn can damage the plaster
- Even if your plaster makes your skin feel itchy do not poke anything underneath it as this could cause a nasty sore/skin damage. The itchiness should settle over a few days
- Do not remove any padding as this is protecting your skin from the plaster.

## Plaster cast tips

- Make sure to exercise all joints that are not covered by the plaster to help reduce stiffness and risk of blood clots
- Do not lift anything heavy with an arm in plaster
- Do not drive until the cast has been removed
- Use the crutches / zimmer-frame or sling as advised
- Use painkillers if you experience pain
- You can usually return to work with a plaster on but avoid strenuous activities that may damage the plaster.

## Seek help if:

You should go to your local Walk-in centre of Emergency Department if:

- There is increasing pain or coldness of the skin
- Persistent or increasing swelling of fingers or toes, especially if the colour changes
- Tingling or numbness to tips of fingers/toes
- Inability to move fingers or toes
- If there is staining through the cast
- If the cast becomes loose.

Most patients discharged from the Emergency Department with a plaster cast on will be followed-up in Virtual Fracture Clinic (VFC). You will be contacted within 5 working days.

If you have any concerns before this, please contact VFC on 0151 290 4905, Monday - Friday 9am - 5pm and leave a message.

**If you require further advice or are not sure then please contact VFC or phone 111.**