

If you require a translation please contact:

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اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

PLASTER CAST

Instructions for Patients

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA

Telephone **01784 884488** Facsimile **01784 884017**

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone **01932 872000** Facsimile **01932 874757**

Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

PLASTER CASTS

A Plaster of Paris cast is used to immobilise a bone or joint following a break in that bone.

Plaster of Paris takes 48-72 hours to dry therefore, during this time, protective plastic sheeting should be used when resting the plaster on any soft furnishings (e.g. mattresses, sofas etc.). (Plaster of Paris can make the limb feel heavy and often support is needed (i. e. sling, crutches).

In order for the bone to heal without complications, it is vital that the following instructions are adhered to.

DO'S

- **Do** allow the plaster to dry naturally (i.e. not using a hairdryer or resting on a radiator) so that it dries evenly and does not have cracks or lumps which may cause bruising at skin level.
- **Do** elevate the limb as much as possible in the first 24 hours to help reduce the swelling.
- **Do** ensure that all joints above and below those enclosed in the plaster are moved freely and frequently (i.e. fingers, toes, elbow /shoulder and knee/hip).

DO NOT'S

- **Do not get the plaster wet**, once it has been applied, as this may lead to changes in the plaster causing bruising at skin level in addition to allowing movement of the broken bone.

- **Do not** rest the drying plaster on any hard surfaces (for the same reasons as above).
- **Do not** put weight on a Plaster of Paris leg plaster as it will become weak and crack, allowing movement of the broken bone.
- **Do not** put anything down your plaster to relieve itching as this will cause bruising/wounds at skin level, which cannot be seen whilst the plaster is in place.
- **Do not** allow anyone to write on the plaster until it is completely dry.

OTHER CONSIDERATIONS

- If fingers or toes become more swollen, painful, blue or cold the plaster may be too tight. Elevate the limb in the first instance and if this does not relieve symptoms return to the Walk-in Centre or contact the Fracture Clinic for a review of the plaster.
- Likewise, if the plaster is uncomfortable, rubbing or loose return to the Walk-in Centre or contact the Fracture Clinic for review.

FURTHER INFORMATION

Should you require further assistance please telephone **01784 884828** for Walk-in Centre, Ashford or **01932 722025** for Accident & Emergency, St. Peter's Hospital.

Author:	Helen Hepworth
Department:	Walk-In Centre
Version: 1	Published: 11/03/2008