



Cast care

Reviewed: September 2023 Next review: September 2024

Version 1

About this leaflet

The purpose of this leaflet is to give you advice on how to care for your plaster cast.

Important information

- It is important that you aim to keep your limb elevated to avoid swelling and mobilise the joints which are not held in the cast.
- Keep the cast dry at all times. You can use a plastic bag to cover the cast when taking a bath or shower. Alternatively you can buy a special cover - your local pharmacist can advise on this.
- Do not place any foreign objects inside the cast or attempt to remove or alter the position of the cast on your own.
- Follow the advice given by the orthopaedic team with regards to how much weight you can put onto your cast, the use of crutches/slings and your need for physiotherapy.

Plaster cast problems

Contact us immediately if you experience any of the following:

- Blue or increasingly swollen fingers or toes
- Severe or increasing pain
- Pain in the calf
- Chest pain or shortness of breath
- Numbness or 'pins and needles'
- · Feeling of the cast rubbing against your skin
- · Bad odour coming from the cast
- Blood coming through the cast
- Anything stuck in the cast
- Cast becomes loose
- Cast gets excessively wet
- Cast cracks

Contact

Orthopaedic outpatients are available 9am-5pm Monday to Friday and can be contacted on 0141 951 5000 extension 5553. For advice out of hours, please contact NHS 24 on 111 or visit your nearest Accident and emergency department.

8	Notes	

All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

我們所有的印刷品均有不同語言版本、大字體版本、盲文(僅有英文)、錄音 帶版本或你想要的另外形式供選擇。

كافة مطبو عاتنا متاحة بلغات مختلفة و بالأحرف الطباعية الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.

Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claistinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फ़ॉरमेट (आस्प) में भी उपलब्ध हैं।

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ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਕਿਤਾਬਚੇ ਵਗ਼ੈਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬ੍ਰੇਲ (ਸਿਰਫ਼ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆੱਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।

جاری تمام مطبوعات مختلف زبانوں، بوے حروف کی چھپائی، بریل (صرف اگریزی)، سنے والی کسٹ یا آپ کی پیند کے مطابق کسی دیگر صورت (فارمیٹ) میں بھی دستیاب ہیں۔



2: 0141 951 5513