



# Cast care

Reviewed: May 2025  
Next review: May 2026  
Version 2

## > 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

## > Possible Emergencies

Please dial 999 or visit your nearest Accident & Emergency (A&E) if you experience chest pain, shortness of breath or pain in the calf.



## Notes

OR15