



Cast care

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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.

