

Patient Information Service

Musculoskeletal business unit

Care of your plaster cast



We have asked for you to be seen in the fracture clinic.

You should receive an appointment in the post within the next few days. If the post is delayed or you have any queries, please phone:

Fracture clinic

Direct dial **01702 385395** (9.00am to 5.00pm Monday to Friday)

The fracture clinic is situated between the emergency department and the Tower block. It is reached through the doors to the right of the Emergency department as you approach the front of the hospital.

Please read the instructions in this booklet carefully and ensure that you understand how to care for your plaster.

This will make wearing your cast safer and more comfortable.

You have had a cast applied to immobilise your limb.

The cast may be made of either plaster of Paris or a fibreglass material.

Your cast is made of.....

Allow your cast to dry NATURALLY. This may take up to 72 hours if your cast is made of plaster of Paris or 20 minutes if made of fibreglass.

Keep your plaster dry and do not cut or otherwise interfere with it.

Do not poke ANYTHING down your cast.

Do not apply nail varnish whilst in a cast.

Regularly clean and dry between your fingers or toes without getting your plaster wet.



You should be concerned if:

- the plaster feels very tight
- there is a lot of swelling
- there is severe pain
- your fingers or toes go pale or blue
- you cannot move your fingers or toes
- your fingers or toes go numb or dead
- your plaster becomes loose, cracked or soft.

Removal of your cast

You will need to return to the plaster room at your follow-up appointment. Your cast will be removed using a variety of tools which may include:

- a specialist saw
- bandage scissors
- spreaders
- benders
- shears.

With all the above tools there is a minimal risk of damage to the skin beneath the cast.

Should you have any pre-disposing skin condition please inform your technician at every visit.

If you are concerned about any of these points, contact:

The plaster room
Direct dial **01702 385178**
8.00am to 5.00pm Monday to Friday
or re-attend the clinic.

Patient Information Service

If this leaflet does not answer all of your questions, or if you have any other concerns please contact the fracture clinic on:
01702 385395.

www.southend.nhs.uk

For a translated, large print or audio tape version of this document please contact:

Patient Advice & Liaison Service (PALS)

Southend University Hospital NHS Foundation Trust

Prittlewell Chase

Westcliff-on-Sea

Essex, SS0 0RY

Telephone: 01702 385333

Fax: 01702 508530

Email: pals@southend.nhs.uk