This leaflet aims to give you advice about the care of your limb and plaster cast.

For any of the problems below please ring:
Orthopaedic Plaster Room Leeds, (0113) 392 5717
between the hours of:
Monday to Thursday, 8.30am – 5.45pm,
Friday 08.30am – 1.00pm.

After 4.30pm and at weekends if you have any problems when we are closed, please ring the Minor Injuries / Accident Emergency / Walk in centre reception (0113) 392 3354 for advice.

IF any of the following problems occur.
1. If the cast becomes tight/loose/cracked/soft/ broken.
2. The cast rubs or presses against the skin causing irritation.
3. If there is any leakage through the cast or if it becomes too smelly.
4. If moderate pain becomes severe and constant.
5. If slight itching under the cast becomes severe and persistent.
6. If you notice any of the following affecting your fingers or toes:
   • Marked swelling.
   • Numbness/ loss of sensation /pins and needles.
   • Marked coldness
   • Difficulty in movement.
   • Marked blue /whiteness.
   • Calf pain.
7. If you are on contraceptive treatment please make sure your hospital doctor is aware.

8. If you are worried or concerned about your plaster cast in any way.

9. Please keep your foot elevated making sure there is a gap between the heel and the bed to avoid adding extra pressure.

**DO NOT**

1. Do not immerse in water.

2. Do not insert anything under your cast to scratch an itch.

3. Do not trim or reshape your cast.

4. Do not use a hair dryer on the cast- let it dry naturally.

5. Do not rest the plaster on a hard surface as it may dent or crack the cast.

**General information**

1. Keep the plaster clean and dry.

2. Exercise the fingers/toes of the affected limb regularly.

3. Elevate the affected limb as much as possible to prevent further swelling or discomfort.

4. Exercise the joints above the plaster to prevent stiffening.

5. Mild pain relievers may be necessary in the first few days as broken bones do hurt Please follow the dose recommended by the chemist.
6. Plaster casts can vary and may take up to 72 hours to dry: you will be told by the nurse about your cast.

7. If your leg is in plaster you will be told when you see the Doctor if you are allowed to put any weight on the affected leg - crutches/frames/ sticks are available as required.

8. Driving whilst you are in plaster is dangerous and your driving insurance may be invalid. Please contact your insurance company.

9. When resting your leg on a pillow or cushion, to prevent pressure on the heel, please leave a gap between the heel and the bed or stool.

Please remember to bring your plaster passport.