You have been placed in a split/removable cast which, if your doctor permits, can be removed to help with hygiene or wound care.

If you have any queries or questions please ring: 0113 392 5717

To help you look after your cast here are a few things to look out for:

1. When putting your cast on check the opening to ensure there is not any trapped skin.
2. Make sure the skin is dry before putting the cast on.
3. Do not remove any padding from the cast.
4. Should the cast become tight, elevate the limb for at least 20 minutes.
5. 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.
If the problem persists or any other problem arises (see below), please contact the Plaster room.

Contact us:
1. If the cast rubs or presses on the skin causing irritation.
2. Or you experience a burning sensation.
3. If you have any leakage.
4. If you have severe of constant pain.
5. If you have constant discomfort.
6. If you have calf pain.

If you are unsure about any of the above please contact the plaster room.