



York Teaching Hospital
NHS Foundation Trust

Taking Care of Your Plaster Cast

Information for patients, relatives and carers

① For more information, please contact your local plaster room. Contact details are on pages 8 and 9 of this leaflet

Caring with pride

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Do's and Don'ts when wearing a plaster cast

There are some simple dos and don'ts that we would advise you to stick to in order to take the best care of your plaster cast:

DO NOT...

- ✗ Put any object down your plaster cast to relieve itching
- ✗ Wear your sling in bed or for longer than 24 hours unless advised to do so
- ✗ Walk on a leg cast until you are advised to do so
- ✗ Wear jewellery on the same hand, arm or wrist as your plaster cast
- ✗ You are not necessarily insured to drive with a cast
- ✗ Rest your cast on any hard surfaces

DO...

- ✓ Elevate your arm/leg regularly to prevent/control any swelling
- ✓ Exercise/move regularly, bending and straightening joints that are not in a cast every half hour whilst awake (especially fingers)
- ✓ Keep your cast dry
- ✓ Contact your local plaster room as soon as you suspect a problem

You must contact your local plaster room immediately if your cast gets...

- Wet
- Loose
- Tight
- Uncomfortable
- A foreign object inside it
- Cracked/Broken
- Any other cast related problems

You must contact plaster room immediately if you experience the following in your fingers/ toes...

- Numbness
- Tingling
- Blueness under your finger nails/toe nails

...or increasing pain related to your injury.

If you have a problem requiring **urgent** attention and your local plaster room is closed, please attend your local Emergency Department.

Important Information about Venous Thromboembolism (VTE)?

VTE is the name given to a blood clot that forms in the deep veins that run through your body. The most common place for a blood clot to form is in the veins in one of your legs. This is called a deep vein thrombosis or DVT for short. A DVT usually causes pain and swelling of the affected leg.

If a blood clot becomes dislodged, passes through your circulation and reaches your lungs, this is called a pulmonary embolism or PE for short. A PE can cause chest pain, breathlessness and coughing (sometimes with blood stained phlegm).

A DVT or PE requires urgent treatment. If you develop any of the symptoms of DVT or PE either in hospital or soon after leaving hospital, you should get medical help immediately.

When should I seek urgent medical advice?

Please get medical advice if you experience any of the following:

- Unusual swelling and pain in your leg(s)
- Unusual sudden onset of breathlessness
- Coughing or spitting up blood
- Any episode of collapse or dizziness
- Fast heart rate or palpitations

Important Information about Pressure Ulcers under plaster casts

Advice for Staff & Patients

Ulcers can occur when plaster cast rubs on the skin, or pressure builds up due to the swelling. It is important that you report any redness, discomfort or pain to a health care professional. **Do not wait for your next appointment; the skin breakdown will only get worse.**

These ulcers are painful and you can get an infection if the skin is broken. This can cause serious complications in your recovery, especially if you are diabetic.

To help prevent getting pressure ulcers:

- Change position regularly
- Raise swollen legs/ arms on a stool or cushion
- Making sure all bony areas are free from pressure
- Keep your skin well moisturised
- Report **any** concerns with your plaster cast as soon as possible

Please contact your local plaster room as soon as possible (see pages 8 or 9) or inform a member of staff if you notice this at an appointment or while you are in hospital.

Your appointments

When you receive an appointment letter please check the location of your appointment before attending.

Useful Contact Numbers and opening hours

York Hospital Patients:

York Plaster Room:
Tel: 01904 726523
Monday to Friday 9am - 5pm

York Emergency
Department:
Tel: 01904 726587

Scarborough Hospital Patients:

Scarborough Plaster Room:
Tel: 01723 342042
Monday to Thursday
8.30am to 5pm,
Friday 8.30am to 4.30pm

Scarborough
Emergency
Department:
Tel: 01723 342145

Useful Contact Numbers and opening hours

Bridlington Hospital Patients:

Bridlington Plaster Room:

Tel: 01262 423070

Tuesday: pm only

Thursday: pm only

Bridlington Minor

Injuries Unit

Tel: 01262 423464

Open seven days a week 8am to 9pm

Whitby Hospital Patients

Whitby Plaster Room:

Tel: 01947 899192

Friday am only

Whitby Minor

Injuries Unit

Tel: 01947 899192

Open seven days a week
8am to 11pm

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Susan Kelly, Sister, Fracture Clinic, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 726597.

Teaching, Training and Research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Providing care together in York, Scarborough, Bridlington,
Malton, Selby and Easingwold communities

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