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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Plaster Casts

Advice for Patients

Plaster Casts

A Plaster of Paris cast is used to immobilise a bone or joint following a break in that bone. Plaster of Paris takes 48-72 hours to dry therefore, during this time, protective plastic sheeting should be used when resting the plaster on any soft furnishings (e.g. mattresses, sofas etc.). Plaster can make the limb feel heavy and often support is needed (i.e. sling, crutches).

In order for the bone to heal without complications, it is vital that the following instructions are adhered to.

DO'S

- **Do** allow the plaster to dry naturally (i.e. not using a hairdryer or resting on a radiator) so that it dries evenly and does not have cracks or lumps which may cause bruising at skin level.
- **Do** elevate the limb as much as possible in the first 24 hours to help reduce the swelling.
- **Do** ensure that all joints above and below those enclosed in the plaster are moved freely and frequently (i.e. fingers, toes, elbow /shoulder and knee/hip).

DO NOT'S

- **Do not get the plaster wet**, once it has been applied, as this may lead to changes in the plaster causing bruising at skin level in addition to allowing movement of the broken bone.
- **Do not** rest the drying plaster on any hard surfaces (for the same reasons as above).
- **Do not** put weight on a Plaster of Paris leg plaster as it will become weak and crack, allowing movement of the broken bone.
- **Do not** put anything down your plaster to relieve itching as this will cause bruising/wounds at skin level, which cannot be seen whilst the plaster is in place.
- **Do not** allow anyone to write on the plaster until it is completely dry.

OTHER CONSIDERATIONS

- If fingers or toes become more swollen, painful, blue or cold the plaster may be too tight. Elevate the limb in the first instance and if this does not relieve symptoms return to the Walk-in Centre or contact the Fracture Clinic for a review of the plaster.

Likewise, if the plaster is uncomfortable, rubbing or loose return to the Walk-in Centre or contact the Fracture Clinic for review.

Should you require further advice or assistance please telephone **01932 722025** for Accident & Emergency at St. Peter's Hospital.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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