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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 فون ਕਰੋ: 01932 723553

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

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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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Care of a Plaster Cast

Paediatrics Department



Taking care of your plaster cast is vital for your injury to heal properly.

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 Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Can I walk on my plaster cast?

No, because we have not applied a walking cast. The Fracture Clinic may decide this is appropriate at a later stage.

Can I drive?

We strongly advise that you do not drive with any type of plaster cast.

How long will I wear the cast?

This is entirely dependent upon the type of injury.

Should I exercise the affected limb?

Yes, you should exercise in order to avoid stiffness in unaffected joints. We recommend that you try the following gentle movements every couple of hours during the day.

Arm cast:

- Wiggle your fingers
- Bend and straighten your elbow joint (only if the plaster ends below the elbow)
- Very gently rotate your shoulder

Leg cast:

- Wiggle your toes
- Bend and straighten your knee (only if the plaster ends below the knee)
- Gently clench the muscles in the back of your calf and thigh to improve the blood flow

Care of a Plaster Cast

What is a plaster cast?

It is a gauze bandage that has been mixed with certain resins. When this is submerged in water and applied to your limb, it becomes solid.

What is the difference between a 'backslab' and a full cast?

A 'backslab' is a slab of plaster that does not completely encircle the limb. This is applied in the Emergency Department and is secured with a bandage. The reason for not applying a full cast is that swelling may increase in the days after the injury.

This type of plaster is only temporary and will probably be 'completed' at your Fracture Clinic appointment.

A 'full cast' encircles the limb and does not need to be secured by a bandage. It only allows for a minimal amount of swelling.

How long does it take to dry?

A plaster cast will take 24–48 hours to dry completely although it may feel dry by the time you leave the department.

It will initially feel very heavy but less so as it dries. Do not try to speed up the process by using a hair dryer or other appliance.

During this time you should take extra care to protect the cast. For example, do not rest it on a hard surface or write on it.

What should I look out for?

New or increasing limb pain

These symptoms are rare but if you experience them you should attend the nearest Emergency Department (A&E).

The plaster cast has become too tight

If this happens you may notice:

- Swelling of your fingers / toes
- Numbness or pins and needles in your fingers / toes
- Pain
- White or blue discolouration of your fingers / toes and possible coldness
- Painful rubbing in any area

The first thing you should do is to raise the limb.

Arm cast: Rest cast on a pillow / cushion so that your hand is higher than your elbow.

Leg cast: Rest cast on pillow / cushion so that your foot is higher than your hip.

If the symptoms do not improve after 1–2 hours please return to us or your nearest Emergency Department (A&E).

- Do not attempt to remove the plaster yourself.
- Do rest your cast in this way to avoid unnecessary swelling.

The plaster cast has become too loose, cracked or soft

Under normal circumstances you should not be able to move the cast up, down or around your limb. It should feel comfortable. It should not be cracked at any point nor should it feel soft.

If you notice any of these things, and your Fracture Clinic is unable to see you urgently, please return to us or attend your nearest Emergency Department (A&E).

Important precautions

Remember, if the cast is hurting it needs attention.

- Never use anything to scratch under the cast - the slightest scratch could develop into a serious infection
- Never trim or cut down the length of the plaster cast yourself, or attempt to tuck in extra padding

Can I get it wet?

No. You should never allow your cast to become wet as this will weaken it. You can use a plastic bag to cover up the cast when you have a bath or shower.

Try using sticky tape or a rubber band to seal the bag at the top and bottom to make it watertight. Always remove the bag as soon as you can to avoid causing sweating, which could also damage the cast.