



Plaster Instructions

Information for patients



You have had a plaster applied to either your arm or your leg.

This is to immobilise and protect the injured part.

Your injury is unique to you and you should have been told what the injury is and roughly how long the plaster will be in place.

If you are unclear about any aspect of your treatment or injury, please ask advice of the staff directly involved in your care in the Department/Clinic.

The Accident & Emergency Department has initiated your treatment.

The Orthopaedic/Fracture Department of this hospital will be responsible for your continued care.

Plaster care

1. Allow 48 hours for your plaster to dry.
Allow 2 hours for synthetic material.
2. Allow the plaster to dry naturally.
3. Do not get your plaster wet. You must seek advice as soon as the plaster gets wet and not wait as the skin may be at risk of breaking down.
4. Do not walk on your plaster unless you have been advised by medical staff to do so.
5. Do not abuse your plaster as this may result in longer attendance and failure of the injury to heal.
6. If your plaster becomes loose or is broken you must return to the hospital immediately.
7. Do not attempt to remove your plaster yourself.

If you are unable to attend your Fracture Clinic appointment please call to let us know (see back page).

Return to the Accident & Emergency Department if:

- ❖ Your plaster begins to feel very tight
- ❖ Your hand or foot becomes very swollen
- ❖ Your fingers/toes go numb, pale or you cannot move them

Deep Vein Thrombosis (DVT)

If you have a lower limb cast or brace applied and you develop pain in the limb, in particular **calf pain**, breathlessness or chest pain, you must contact the department immediately or between the hours of 5pm and 9am please go to Accident & Emergency.

Please elevate your limb

- ❖ Hand higher than your elbow for the first 48 hours
- ❖ Foot higher than your hip for the first 48 hours

When in a leg cast. You should remain non weight bearing until the doctor has told you can walk on it. Whilst in cast, when you are not up and about walking the leg should be elevated so that your foot is higher than your hip; this will remain the case until at least one week after you are out of cast. This will help control any swelling you are likely to have. Whilst elevated ensure you continue to wiggle toes frequently.

Your toes may become blue due to bruising or circulatory problems. Should this happen, elevate the limb. It should resolve within a few minutes. If it does not, return to the Department.

Exercise all joints such as fingers and toes outwith the plaster.

Driving

You are advised to contact your insurance company and DVLA regarding your ability to drive.

A plaster cast is designed to stabilise a bony injury over a period of time allowing the bone to strengthen and form once again into a solid unit. If your plaster is abused and thus weakened it can result in permanent damage and deformity to your limb.

FRACTURE CLINIC

Please contact the Hospital you attended:

University Hospital Hairmyres

Telephone 01355 585370

Monday to Friday - 8.30am - 5pm

University Hospital Monklands

Telephone 01236 748748

Extension 404721

Monday to Sunday - 8am - 4.30pm

University Hospital Wishaw

Telephone 01698 366610

Monday to Friday - 8am - 4.30pm

Outside these times please contact the
Emergency Department or NHS 24.



www.careopinion.org.uk

Emergency Department
Hairmyres 01355 584716
Monklands 01698 752450
Wishaw 01698 366630
NHS 24 111



Pub. date:	December 2023
Review date:	December 2025
Issue No:	08
Dept:	Plaster Room
Clinical Lead:	

If you need this information
in another language or format,
please e-mail: Translation.
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