

If you need to hire mobility aids please contact  
The British Red Cross who provide short-term loans of  
wheelchairs, commodes, walking sticks and frames

The British Red Cross  
Newton Abbot

90 Queen Street  
Newton Abbot  
TQ12 2ET

 (01626) 369731

Monday to Friday 10am-12pm

If you require a sick certificate please ask when you  
see the doctor in Fracture Clinic



***PATIENT  
INFORMATION***

## **Cast Care**

Advice for patients, relatives  
and carers

## A GUIDE FOR PATIENTS IN CASTS

A cast has been applied to your injured limb to immobilise, support and protect it. Please look after your cast as this will help with your recovery.

**It is important to rest and elevate (raise) your injured limb** as much as possible for the first 48 hours. Leg injuries need to be raised above your hip. This will help drain any fluid from your injury and help to reduce any swelling.

**Exercise all joints** not held in a cast as much as possible, this includes your fingers, elbow and shoulder, knee and toes. This will improve circulation and help to reduce stiffness.

**Keep moving** to avoid pressure on one area of your limb. Change position at least 2 hourly to avoid pressure ulcers developing. The most common areas for pressure ulcers to develop under a plaster are the heel, elbow, wrist, ankle and knee.

**Wet wipes** are useful for cleaning your fingers or toes. Avoid powders and spraying perfumes inside your cast, as they can irritate your skin.

**If you are allowed to walk in your plaster** always wear your cast shoe when walking or the cast will break down.

**Please do not get your cast wet** it may weaken it and may cause skin problems as the padding will remain wet. You can use a cast protector to keep your cast dry when bathing or showering, but do not leave it on too long as it can restrict circulation and may cause dampness inside the bag. These

covers are available to buy commercially or online. Please ask staff for details.

**If you have any concerns about your plaster cast or if you experience any of the following please contact the Fracture Clinic:**

- If your fingers or toes become very cold or blue / white and do not recover when elevated or exercised
- If you have had a leg injury and have constant unexplained pain, cramp or swelling, particularly in your calf or thigh muscle
- If you have any persistent blister-like pain or tenderness, usually over a bony area, you may be developing a pressure ulcer
- If you have any discharge, wetness or smell under your cast, especially if you have had surgery

The Fracture Clinic  
Level 1  
Torbay Hospital

Monday – Friday

8.30am – 4.30pm ☎ (01803) 655136

Out of Hours ☎ (01803) 654003

**Please try to avoid attending the A & E department with plaster problems unless it is absolutely necessary, always telephone for advice first.**