

INSTRUCTIONS FOR PATIENTS WITH PLASTER CASTS

The **cast** will warm slightly as it **sets**, which takes about half an hour to **one hour**. The plastered limb must be kept completely still for the duration.

As the **cast will dry** for two to **three days** before reaching full stiffness, do not strain it for that period or slow down the drying with clothing.

Do not wet the cast, this may damage it.

Do not remove the lining (cotton wool etc.) from under the cast.

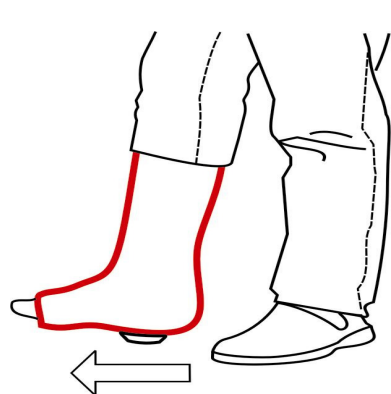
Do not scratch under the cast (with knitting needles etc.) or stick any objects under the cast as this may damage the skin or cause sores by applying pressure.

If you have a cast without a heel you must not put weight on your foot and you should **use a crutch** when walking.

Do not readjust the cast edges, shorten it or remove it without first consulting the plaster technician.

Remove all jewellery from the injured limb and do not wear it while wearing the cast.

If you have a cast with a walking heel, **walk so as to keep:**



the injured foot to the front



positioned to the side



with your toes pointing outwards

Do not twist your leg on the heel and keep your foot in front at all times. If you place your **foot to the back** you will put weight on your toes, which will damage or **break the cast**.

If you get a split cast (a fresh injury or a swollen limb), it is partly dressed with a crepe bandage so it does not come apart too soon. If your limb swells up too much or if the cast feels tight you can unwind the crepe bandage. If you still feel discomfort, consult the plaster technician.

When the surgeon has instructed you to **cool** the limb through the cast, you can do so in several ways: you can cool the limb with a gel cooling pack, an ice pack used for cool boxes or ice cubes. Before use, wrap the cooling aid in a towel, place in a plastic bag and then apply to the injured body part. The limb should be cooled for **15 minutes every hour**.

Avoid gravel, sand, grass, dirt or anything that might get under the cast.

Check the cast regularly for any damage and consult the plaster technician if necessary.

Check your skin regularly (the part you can see, particularly at the cast edge). If you observe any redness or grazing, consult the plaster technician.

For the first three to five days, keep the injured limb elevated (the fingers of the hand or the heel of the foot must be above the heart). The limb must also be propped up at night. Provide support for the entire length of the lower limb (not just the heel).

Exercise your fingers, tense your muscles and **do other exercises** under the cast for at least **five minutes each hour**.

Exercise and limb elevation reduce the risk of experiencing post-traumatic swelling and improve the circulation.

NOTE!

IN CASE OF:

- increased pain,
- a burning sensation,
- distinct swelling under the cast,
- swollen, cold, blue fingers,
- the inability to move the fingers,
- feeling »pins and needles«,
- a distinct bad smell from under the cast

RETURN TO THE CLINIC IMMEDIATELY, specifically:

in the mornings, go to the follow-up clinic,

in the afternoons, at night, on weekends and on holidays, go to the clinic at the emergency ward.

We wish you a quick recovery!

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