

Patients in Plaster

Emergency Department

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

This leaflet will help you learn about having a plaster cast applied and how to look after the cast.

Why are plaster casts applied?

Plaster casts are usually applied in the Emergency Department because a fracture or break of a bone is suspected. Sometimes plaster casts are applied for other injuries.

Your cast needs to be kept dry at all times, including when bathing. Any moisture to the cast will make it crumble.

How should I hold my arm if it is in a cast?

Try to keep any fractured arm raised whenever possible. Try placing a few pillows under your arm when you are sitting. This helps to reduce the swelling that develops after a fracture.

How should I place my leg if it is in a cast?

When you are sitting with a fracture of your leg, try to raise your leg higher than your hip, if it is safe and comfortable for you to do so.

Can I put weight on my injured leg?

You will be informed before you leave the emergency department whether you are allowed to put some weight on the injured limb.

When should I return to the emergency department or fracture clinic?

- The plaster is uncomfortable, or is hurting you because it is rubbing or it is too tight or too loose
- The plaster becomes soft or cracks
- Excessive swelling of your fingers or toes
- Greyness or blueness other than bruising
- Prolonged pins and needles
- Intense pain which is not relieved when the limb is raised
- You are unable to move your fingers or toes
- Numbness, loss of feeling or unusual coldness
- Any other concerns regarding your plaster.

What else do I need to remember to do?

Please return your crutches when you no longer need them. We are so grateful if you can do this.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。