

Plaster Cast Advice

This advice sheet is a guide to anyone in a full or half cast applied to the leg

What to expect

- The cast will take up to 24hrs to fully set.
- It should feel a little heavy but secure
- It should be snug but not feel tight or constrictive at rest
 - During the first few days regular elevation on pillows will be needed to keep any associated swelling down.
- You should be able to see all your toes
- It may itch for the 1st few days

Instructions

What to do:-

- Elevate the limb regularly “Toes above Nose”
- Wiggle your toes as often as possible and move any joints outside the cast regularly.
- Weightbear only as instructed, using crutches appropriately for safety
- Adhere to any anti-thrombosis (Blod Clot) advice given -
 - Blood thinning injections or tablets
 - Thrombosis stockings
- Elevate the limb if it starts to feel tight
 - If despite elevation the tightness persist and / or becomes painful **please contact the hospital.**
- Bath / Shower – If you must then cover cast completely with a water tight plastic bag, sealed with tape or ideally use a proprietary device from the chemist. (Google search- “Plaster Cast Bag”)

What not to do:-

- Do not get the cast wet
 - If it does and becomes soft, soggy or loose – Contact the Hospital
 - Only a qualified Nurse, Doctor or Technician should adjust a cast
- Do not poke anything down or up the cast.
 - A scratch or loose item under the cast can lead to infections, sores or ulcers
 - If something does become lodged in the cast – Contact the Hospital

When to seek hospital help

- Should your plaster cast become and remain tight or your calf feel painful and swollen despite elevation for 1 hour.
- Should your cast become loose, wet, soggy, smelly or start to fall apart
- Should your toes become painful, swollen, red, blue, white or numb
- Thrombosis – If you notice uncontrollable Calf pain, Calf swelling, Chest pain or Sudden shortness of breath

Driving

- With a cast on your **Right** leg you should not drive
- With a cast on your **Left** leg
 - Manual Car = You should not drive

- Automatic Car = You should not drive until you've discussed it with a doctor AND you're car insurance company

Flying

- It is best avoided if at all possible
- Always check with your airline or tour operator.
- A minimum of 24hrs after fitting a full cast is required by most airlines.
- If you must fly within 24-48hrs then arrangements at the hospital can be made to have your cast split in to 2 halves to allow for any swelling. Upon arrival at your destination arrangements should be made to have the cast completed again.
 - This process may have to be redone for any return journey.

Relax, 'Just Put Your Feet Up' - 'Toes Above Your Nose'