

CARE OF YOUR PLASTER

Your cast is designed to support your limb whilst it heals. It should not be uncomfortable or painful. As it cannot expand however, care must be taken that the limb does not swell in the cast and affect circulation. Plasters can withstand minor bumps but must be protected from damage. Please read the following points regarding care of your plaster and limb.

A. Circulation

- 1. If fingers or toes become swollen, blue, painful or stiff , raise the limb.**
- 2. In no improvement in half an hour, call in to the doctor or go to hospital immediately.**

B. Exercise

- 1. Exercise all joints not included in the plaster- especially fingers and toes.**
- 2. If you have been fitted with a walking plaster, walk in it.**

C. Care of the cast

- 1. Keep the plaster dry.**
- 2. Avoid overheating the limb in the plaster.**
- 3. If plaster becomes loose or cracked report to the doctor or hospital as soon as possible.**