



Barnsley Hospital
NHS Foundation Trust

*Trauma & Orthopaedic
Department*

Fracture and Plaster Cast Care



Patient Information Leaflet



Why have I been given this leaflet?

You have been given this leaflet because you have suffered a fracture (break) to one of your bones and a plaster cast has been applied. The plaster cast will support and protect the bone whilst the fracture heals.

What can I do to prevent further problems?

Affected limbs **MUST** be elevated above the height of the heart.

Rest and keep the affected limb elevated on pillows as much as possible. This stops the limb from swelling and prevents the plaster cast from feeling too tight.

Frequently move or wiggle your toes (for lower limb plasters) or fingers and regularly clench in a tight fist as pain allows (for upper limb plasters).

How should I care for my plaster cast?

Keep the plaster dry. If taking a bath or shower, it is advisable to buy a Waterproof Plaster Cast and Bandage Protector (see details at the end of the leaflet).

Do not cut or remove the cast yourself- you may cut your skin or prevent your injury from healing properly.

Do not put weight on your cast until advised to do so.

Do not put any foreign objects down the cast e.g. cotton wool, tissues or knitting needles. This may damage the skin and cause infection. Inspect your cast regularly. If it becomes cracked, soft or loose, please contact the Plaster Room.

Will I experience any pain?

Fractures can be painful, but the pain should ease once the limb is supported by the plaster. Simple painkillers, for example paracetamol, are usually all that are required - take as directed on the box.

Warning Signs

If any of the following develops, please return to the Plaster Room or A and E department as soon as possible:

- Any burning, rubbing, stinging, chafing or soreness to the affected limb - this may be caused by pressure and must be checked as soon as possible.
- An increase in or any unexplained staining on the cast.
- An increase in pain or swelling to the affected limb/a feeling that the plaster is too tight/excessive swelling below the cast.
- Numbness or pins and needles in your hand or foot.
- Any discolouration other than bruising to the digits or excessive pain on the bending or straightening of the fingers or toes.
- Any foreign objects lost or pushed down the cast.

Any Other Information

Drivers - Please contact your insurance company before driving.

Contact Details

The Plaster Room is open between:

09.00-17.00hrs Monday to Thursday

09.00-13.00hrs Friday

Closed on weekends.

Telephone Number (Fracture Clinic):

01226 432565

The A and E department is open 24 hours

Telephone Number:

01226 432371 / 01226 730000 (Ext 2371)

If you need this information in an alternative format, please contact the **Patient Advice and Complaints Team** on **01226 432330**.

Если Вы хотели бы эту информацию на другом языке или другом формате, типа большой печати, пожалуйста звоните 01226 432330

Jeśli potrzebujesz te informacje w innym języku czy w innej postaci, na przykład dużym drukiem, proszę dzwonić na numer 01226 432330

如果您想索取這些資料的中文譯本或以其他形式編制的版本（如大字體），請 致電01226 432330

به زمانیکی تر دهست بکهوت یان به فۆرماتیکی تر،
01226 432330 نه گهر چهز ده کهیت نه م زانیاریهت
وهک چاپی گهوره، تکایه تله فون بکه بو نه م ژمارهه

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