Elevation

Elevate the limb wherever possible
- Aim for above the level of the heart
- If the cast is on the upper limb, use the sling as instructed
- If the cast is on a lower limb, use crutches as instructed
- When resting or sleeping keep the limb elevated on a pillow
- Do not leave the limb hanging while resting.

Care of cast

While the cast is drying (up to 2 days)
- Keep it away from heat such as radiators, hot water bottles or electric blankets
- Avoid putting any pressure on the cast.

Exercise

- Exercise the fingers/toes and any other joints of the limb that aren’t covered by the plaster by bending and stretching or wiggling them.

Instructions:

Plaster check/fracture clinic appointment
Date……………………..  Time……………………

Seeking help:

In a medical emergency go to your nearest emergency department or call 000.

Things to avoid

- Do not wet the plaster. When having a shower, cover the plaster with a plastic bag sealed at the top.
- Do not scratch under the cast with a sharp object.
- Do not cut the cast.

When to seek help

Report immediately to your doctor if the cast becomes loose, damaged or if any of the following symptoms occur and are not relieved by elevating the limb
- severe or increasing pain
- increasing swelling
- inability to move the fingers or toes
- numbness or loss of feeling
- pins and needles (tingling)
- skin colour changes to blue or white.

Disclaimer: This health information is for general education purposes only. Always consult with your doctor or other health professional to make sure this information is right for you.