

## Plaster of paris and synthetic casts

You have just had a Plaster of Paris or Synthetic cast applied. To help prevent any problems that develop later it is advised to read the following instructions carefully:

- to prevent swelling and circulation problems during the first few days it is advised to elevate the arm or the leg
- remove all rings and bracelets, to prevent swelling
- Plaster of Paris requires 24 hours to dry thoroughly. This means you may not use the limb during this period
- Synthetic Casts may be used 30 minutes after application
- Plaster of Paris and Synthetic Casts must not be allowed to get wet. Always protect with a plastic waterproof covering whilst in the bath or under the shower
- If the cast breaks do not use limb and contact the plaster room at the hospital as soon as possible
- do not scratch under the cast with a sharp instrument if it itches. This can cause infections

The Plaster Technician can give you information about:

- anti-itching spray
- waterproof shower covering
- elbow crutches

### Exercises

Try to practice the following exercises every day and if possible every hour, for a minimum of ten consecutive times.

#### *Arm*

- Make a fist and count of three, stretch fingers for a count of three.
- Make circular movements with the shoulder, lean forward and make circular mixing movements with the arm.
- Bend and stretch the elbow where possible.

#### *Leg*

- Bend and stretch the toes for the count of three.
- Lift the stretched leg for the count of three, slowly lower the leg.
- Bend and stretch the knee if possible.

### Important

Contact the hospital by the following:

- the cast becomes so tight that the fingers or toes become:
  - swollen
  - change colour
  - become cold
  - tingle
  - are painful
  - no feeling
- cast becomes loose
- cast rubs against the skin
- pain increases

**How to contact the hospital*****Plaster Room Goes and Zierikzee***

The Plaster Technician can be contacted during office hours by telephone-number 0113 234 241.

Outside office hours, during weekend and holidays, please contact Accident and Emergency Dept., telephone-number 0113 234 250.

***Plaster Room Vlissingen***

The Plaster Technician can be contacted during office hours by telephone-number 0118 425 274.

**Do you have any more questions?**

Do not hesitate to make contact with your specialist or the Plaster Technician.