

# Plaster or synthetic cast

**This brochure provides information about a plaster or synthetic cast. Bear in mind that your personal situation may differ from what is described here.**

You have just received a plaster or synthetic cast. To ensure that everything goes well while you have the cast, it is important that you follow this advice:

- Do not rest your plaster cast on a hard edge, instead rest it on a cushion.
- A plaster cast has a drying time of 24-48 hours. A synthetic cast can be used after 30 minutes. In both cases, you must have permission to put pressure on the cast.
- Neither plaster nor synthetic casts may get wet. Protect them with a waterproof cover when showering/bathing. If your plaster cast gets wet, please contact the plaster room as soon as possible.
- If your plaster or synthetic cast is broken, do not put pressure on the cast. Please contact the plaster room as soon as possible.
- If it itches under the cast, this is usually caused by heat. Blow drying with cold air may help. Do not scratch under the cast with sharp objects, this can cause skin irritation.

## Preventing swelling and congestion

To prevent swelling and congestion, keep your arm or leg raised for the first few days.

### Advice for arm

It is important that you keep your hand higher than your elbow:



Note: do not wear rings, they may pinch if swelling occurs.

### Advice for leg

It is important that your foot is higher than your knee, and that your knee is higher than your hip. At night you can put a pillow under the mattress at the foot end.



## Exercises

Do the following exercises every day, if possible every hour and at least 10 times in a row.

### Arm exercises

- Make a fist for 3 seconds, then stretch your fingers for 3 seconds.
- Rotate your shoulder in circles; lean forward slightly and make a movement as if you were grinding coffee the old-fashioned way.
- Bend and stretch the elbow if possible.

### Leg exercises

- Bend your toes for 3 seconds, then stretch them for 3 seconds.
- Lift your stretched leg for 3 seconds, then lower it slowly.
- Bend and stretch the knee if possible.

## Air travel

If you have a flight booked, please contact the airline. Every company has its own rules and requirements for flying with a plaster cast. It is, therefore, good to know what is or is not permitted in your case.

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### Contact

Please contact the hospital if:

- Your cast is too tight and your fingers or toes swell, get colder, tingle, feel painful or tense, or become numb.
- The cast is too loose.
- The cast rubs on the skin.
- The cast is broken or cracked.
- The pain increases.

### Contact details

If you have any questions after reading this brochure, please contact the plaster room.

- Goes: you can reach the plaster room in Goes on workdays from 08:30 - 10:00 and from 13:30 - 16:30 on telephone number (0031) (0)113 234 241.
- Vlissingen: you can reach the plaster room in Vlissingen on workdays from 08:30 - 17:00 on telephone number (0031) (0)118 425 274.
- Outside of opening hours: you can contact the Emergency Department in Goes after hours on telephone number (0031) (0)113 234 250.

### Appointment scheduling

If you would like to make, cancel or reschedule an appointment, please contact the hospital on telephone number 088 125 00 00.