Blackpool Teaching Hospitals
NHS Foundation Trust

Plaster Care

Information for patients and those close to them

Emergency Department

Plaster care

Instructions to patients:

Contact the DOCTOR or HOSPITAL immediately if you experience any of the following:

1. The toes or fingers become PURPLE or SWOLLEN or you are UNABLE TO MOVE THE LIMB (this is not bruising).

2. The limb becomes more PAINFUL.

3. You feel 'PINS and NEEDLES' or NUMBNESS that does not resolve when the limb is elevated.

4. If you put any object under the cast.

Care in the cast

EXERCISE the joints not held in the cast as much as possible. Do not let the limb hang down unless it is being used, especially during the first few days.

Allow the cast to DRY NATURALLY and leave it uncovered.

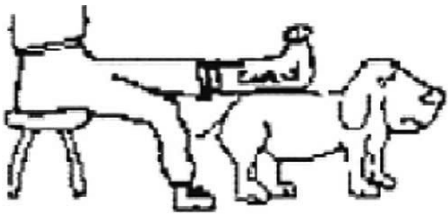
Do not sit close to the fire and do not wet the cast.

If the cast becomes CRACKED or SOFT contact the hospital.

Plaster instructions

Keep toes or fingers moving

Keep arm or leg up



Keep plaster dry!

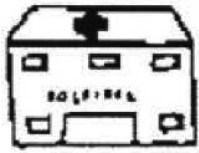
If fingers or toes…

go purple…
(and is not bruising)

or swollen causing
tightness of the cast…

or if you feel pins and needles
or increased pain…

CONTACT THE
HOSPITAL A&E
DEPARTMENT
IMMEDIATELY



Further information

Useful contact details

Hospital Switchboard: **01253 300000**

Patient Relations Department

The Patient Relations Department offers impartial advice and deals with any concern or complaints the Trust receives. You can contact them via tel: **01253 955589** or by email: **bfwh.patientrelations@nhs.net**

You can also write to us at: **Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: **www.bfwh.nhs.uk**

References

Details of the references used in writing this leaflet are available on request from: **Procedural Document and Leaflet Coordinator 01253 953397** or **bfwh.trustpolicyteam@nhs.net**

Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call: **01253 955520**

Together we care

Our Four Values:

People Centred | Positive | Compassion | Excellence

NHS Blackpool Teaching Hospitals NHS Foundation Trust

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