

FRESH 2010  
PERSPECTIVES



Blackrock Clinic



Blackrock Clinic

Blackrock Clinic,  
Rock Road,  
Blackrock,  
Co. Dublin

[www.blackrock-clinic.com](http://www.blackrock-clinic.com)

EMERGENCY DEPARTMENT

*Plaster Cast  
Advice*

Accredited by Joint Commission International

## DO

- Do keep moving/wiggling your toes/fingers on the affected limb
- Do move other joints not in cast
- Do elevate the affected limb when sitting
- Do use the sling or crutches as advised by the doctor or nurse
- Do cover toes with a sock to keep them warm
- Do rest with your leg or arm raised on a pillow or other soft surface for the first 12 hours and after this if the plaster feels tight. This will help reduce swelling
- Do take regular pain relief such as paracetamol or prescribed pain killers

## DO NOT

- Do not wear nail varnish or jewellery on the affected limb
- Do not wet the cast; it may cause infection if there is a wound under the cast
- Do not place any objects down inside the cast (even if itchy) as this may cause a wound under the cast
- Do not interfere with the cast in any way

## Contact the Emergency Department if:

- Your plaster feels too tight and there is increased swelling, pain, tingling or numbness of your toes or fingers
- You are unable to move fingers/toes
- Your plaster becomes cracked, wet or damaged in any way
- Your plaster feels too loose
- You notice any unpleasant discharge or smell coming from the cast, or any areas of broken skin that has been caused by the cast rubbing your skin.

## Disclaimer

The above detail as provided by Blackrock Clinic is not intended to replace the attention or advice of a physician or other health care professional. Blackrock Clinic strives to ensure that the detail on this advice sheet is as accurate as possible, but does not accept responsibility or liability for any inaccuracies. If you have any queries or questions they should be raised with your care provider.

**FREEPHONE**

**1800 283 999**