



Calderdale and Huddersfield **NHS**

NHS Foundation Trust

Emergency Department Advice Sheet – Care of your Cast

Care of your Plaster Cast

Do keep your cast dry

Do regularly exercise all joints that are not in the cast on your injured arm/leg

Do elevate/raise your injured arm/leg when at rest - this will help reduce swelling and pain.

Do regularly change the resting position of the limb to minimize the risk of pressure, particularly over prominent areas.

Do telephone the plaster room if you have problems with your cast such as: -

Broken, cracked or dented cast

Loose, tight, soft or wet casts

Calderdale Royal Infirmary 01422 222079

Huddersfield Royal Infirmary 01484 342562

Telephone the plaster room immediately if you experience any of the following: -

- Pins and needles, numbness or blueness (not bruising) of toes or fingers which is not relieved by elevation
- Excessive swelling or pain
- Soreness or rubbing under the cast
- Any discharge or bleeding which has seeped through your cast
- A strong smell/odour under your cast
- If you drop anything down your cast

Don't walk on your cast unless you have been told to do so. If you are allowed to walk on your cast you will be given a shoe to wear over it at all times except in bed.

Don't walk on your cast until it is fully dry

Don't sit close to a fire, your cast may become hot and burn you

Don't wear nail polish on fingers or toes of the affected limb

Don't wear rings on the affected limb

Don't wear your sling for more than 24 hours if you have a cast below your elbow

Don't push anything down your cast

Don't cut, remove or interfere with your cast.

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – *How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?*

This can be completed online at <http://surveys.this.nhs.uk> using tag name chftae or by completing the form available within the department.

If you have any comments about this leaflet or the service you have received you can contact :

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

www.cht.nhs.uk

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔