

Plaster Cast Advice

Your plaster has been prescribed by your clinical specialist and applied by your Orthopaedic Practitioner.

Plaster of Paris (POP)

This cast takes 12 to 24 hours to dry out and reach full strength.

Synthetic cast

This cast takes approximately 20 minutes to dry and reach full strength.

Important

- **Keep your limb elevated** once your cast has been applied.
- **Exercise any joint that is not in a cast**, i.e. your fingers, toes, elbow, shoulder or knee.
- **Do not put anything inside your cast.**
- **Do not alter the length or the position of your cast.**
- **Keep your cast dry.** If you wish to shower ensure your cast is covered with an appropriate cover.
- **Do not lift, carry, pull or push** anything heavier than a cup of tea whilst you have a cast on.

Please contact the plaster room and speak to one of your Orthopaedic Practitioners if you notice any of the following:-

- Any persistent burning sensation under the cast.
- Noticeable swelling/tightness.
- Soreness or rubbing under the cast.
- Any offensive smells coming from the cast.
- Staining or leaking through the cast.
- Cast becomes wet.
- The cast becomes broken, soft, dented or loose.
- Your limb becomes more painful under the cast and/or your analgesia is not effective.

IF YOU HAVE ANY WORRIES OR CONCERNS PLEASE CONTACT THE PLASTER ROOM AND SPEAK TO ONE OF YOUR ORTHOPAEDIC PRACTITIONERS.

- **01392 402269**
Monday to Friday 09:00-17:00 hours.
- **01392 402269**
hours contact 111. Outside of these

Plaster Room, Fracture Clinic
01392 402269

Main RD&E Switchboard
01392 411611

This information can be offered in other formats on request, including a language other than English and Braille.

RD&E main switchboard: 01392 411611

For RD&E services log on to: www.rdehospital.nhs.uk

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Reference Number: RDE 18 158 001

Version date: November 2018