



## CARE OF PLASTER / CAST

- Keep arm well elevated at all times, hand should be above the level of the heart
- Support on pillow to sleep at night or if resting at home
- Keep plaster dry - cover securely with plastic bag when showering (unless it's a waterproof fibreglass cast)
- Use sling for support and protection. Discard when swelling goes down

## **YOU MUST CONTACT PHYSIOTHERAPY**

### **IF ANY OF THE FOLLOWING OCCUR:**

- Swelling increases while in cast
- Plaster feels too tight
- There is any tingling, pins & needles or burning pressure spot
- Loss of feeling, numbness or if fingers feel cold
- Discolouration - turns 'blue'
- Any increase in pain

Try elevating the limb for one hour and see if there is any improvement.

If the plaster becomes weak, loose or broken, please call and arrange to come in for a plaster check. If symptoms are serious after hours, present to your nearest casualty, where they may need to split the cast. Do not ignore symptoms above.