

Plaster Cast Passport

Patient Information

Orthopaedic Outpatients Services



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Patient Details

Please read this leaflet carefully and always bring it with you on every attendance to the hospital.

Unit Number:

Patient's Name:

Address:

.....

Hospital Appointment Times

Your next appointment is on:

Date	Time	Department	Hospital	Ambulance
				Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments				
				Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments				
				Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments				
				Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments				
				Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments				
				Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments				

Plaster Cast Details

Type of Cast	
Diagnosis	
Treatment	
Manipulated	Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments	
Print Name	
Signature	
Designation	

Subsequent Cast Changes...

Date	
Type of Cast	
Reason For Change	
Problems	
Date of Next Planned Change	
Print Name	
Signature	
Designation	

Date	
Type of Cast	
Reason For Change	
Problems	
Date of Next Planned Change	
Print Name	
Signature	
Designation	

...Subsequent Cast Changes

Date	
Type of Cast	
Reason For Change	
Problems	
Date of Next Planned Change	
Print Name	
Signature	
Designation	

Date	
Type of Cast	
Reason For Change	
Problems	
Date of Next Planned Change	
Print Name	
Signature	
Designation	

Patient information following application of a plaster cast

Some helpful advice for patients and relatives

- The plaster may feel tight for some time after application. This can usually be relieved by lying down and elevating (raising) the arm or leg on one or more pillows and by constantly moving those joints of the arm / leg that are not covered by plaster.
- **Do not interfere with your cast.** Don't wet it, cut it, heat it, or put any objects down it such as coins, tissues, knitting needles, pens, or rulers.
- Try to keep your fingers or toes always moving while you have a cast on, as it improves your circulation.
- Do not walk on the plaster until given permission to do so.
- Please note: patients who are treated in a removable cast will be able to remove or loosen the cast for bathing, or if there is swelling (as per the instructions from the hospital staff).

If you cut the plaster yourself, we do not accept responsibility for your treatment

Please report to the hospital at once if:

- You experience any severe tight pain which is not eased by elevating the limb.
- The fingers or toes become swollen, blue, pale, cold or difficult to move, and do not improve with elevation.
- You experience any numbness, loss of sensation or 'pins and needles'.
- The plaster is damaged in any way or becomes loose and uncomfortable.
- You are worried about your injury or your cast in any other way.

If you have any worries and would like some advice, please telephone:

The Plaster Room: 01942 822106 Monday to Friday between 8:30am and 5:00pm.

OR

Outside these hours, ring the **Accident & Emergency Department:** 01942 244000

Follow up Appointments: 01942 773162

Patient information following removal of a plaster cast

If you have had a cast removed recently you may experience some problems. These may include stiffness in the joint, swelling and pain. We have listed below various ways to help ease these problems yourself.

Joint stiffness

You should expect some stiffness in the joint that has been immobilised within the cast. This may be eased by 'contrast' bathing as explained below:

1. Submerge the joint in **warm water** and move it around for 5 minutes.
2. After you have done this, repeat again for 5 minutes, but this time in **cool water**.
3. Repeat this procedure 3 times a day if possible.

Swelling

You could also experience some swelling, particularly if you have injured your leg, ankle or foot. This is due in part to muscle wastage, causing fluid to collect at the lowest point of gravity. You can help to reduce the swelling by:

1. Elevating (raising) the limb whenever you are resting.
2. Mobilising (moving) the limb according to the nurse or doctor's instructions.
3. Supporting the limb using an elasticated bandage which the doctor may have prescribed.

Note: This bandage should be firm but not too tight and should be wrinkle free. It should also be taken off before going to sleep and before bathing.

Wearing correct footwear. Something flat, firm and preferably lace-up. Trainers are a good example. Put these on first thing in the morning before the swelling develops.

Pain

You should expect some degree of discomfort, but not pain. If you do suffer pain or any other problem that you would like to discuss, please contact one of the telephone numbers at the end of this leaflet and ask to speak to a member of nursing staff.

If you have any worries and would like some advice, please telephone:

The Plaster Room on 01942 822106 Monday to Friday between 8.30am to 5.00pm

Or

Outside of these hours please phone the **Accident & Emergency Department** on telephone: 01942 244000.

Contact Details:

Fracture Clinic / Orthopaedic Out-Patients

Wigan

Plaster Room	01942 822106
Nurses Station	01942 822109
Follow Up Appointments	01942 773162
Hand Physiotherapy	01942 822103
Orthopaedic Secretaries	01942 822247 / 01942 773256 / 01942 822615
Main X-Ray Reception	01942 822409

Leigh

Leigh Clinic	01942 264087
Leigh Secretary	01942 264292

Wrightington

Appointments	01257 256222
Clinic	01257 256299
Admissions	01257 256219

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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Call 111 first when it's less urgent than 999.



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