

# Plaster Cast Passport

**Patient Information** 

Trauma & Orthopaedics



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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Kind and Respectful



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#### **Patient Details**

Clinic/Clinician

Hospital/Department

Please read this leaflet carefully and always bring it with you on every attendance to the hospital. Unit Number..... **Fracture Clinic Appointment Times:** Date/Time Clinic/Clinician Hospital/Department Date/Time Clinic/Clinician Hospital/Department Date/Time Clinic/Clinician Hospital/Department Date/Time

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# **Plaster Cast Details**

Diagnosis			
•			
Type of cost given			
Type of cast given			
Manipulated	Yes□	No □	
Comments			
Print Name			
r illit ivallie			
Signature			

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# **Subsequent Cast Changes**

Date	
Type of cast	
Reason for change	
Problems	
Print name	
Signature	
Designation	
	,i
Date	
Type of cast	
Reason for change	
Problems	
Print Name	
Signature	
Designation	

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#### Introduction

This plaster passport gives you information about looking after your plaster cast. Taking good care of your cast will help with your recovery.

# Care of your cast and limb

Please be aware that the cast will not relieve all your pain. We recommend that you take regular pain relief as required following the application of your cast.

Sometimes your cast can rub your skin and cause a blister or wound to form under your cast. This needs to be treated as soon as possible to stop it from getting worse. If you feel the cast rubbing it is important you contact the plaster room as soon as possible to seek advice.

If you have an increase in pain, a foul-smelling odour from the cast, any rubbing, burning sensations, discharge or any other concerns you should contact the plaster room as soon as possible.

If your plaster cracks, becomes loose or if you have put something inside your cast, please contact the plaster room as soon as possible.

If any of these issues occur outside of the plaster room's working hours, it is important that you attend your local Emergency Department / Walk in Centre for assessment and advice. **DO NOT** wait for the plaster room opening hours.

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# **Swelling and pain**

Keep your arm or leg raised on soft surface, such as a pillow, as often as possible while your limb is in plaster. This will reduce the feeling of pain and pins and needles in your arm / leg. When elevating, make sure there is no direct pressure going through your elbow or heel.





Pain is to be expected when you have a fracture. The plaster cast will support the fracture and help reduce the pain, but not fully relieve it.

If pain becomes out of proportion to the injury and does not settle after taking regular pain relief, exercise and elevation please seek medical attention as soon as possible. Pain relief can be discussed with a pharmacist or your own General Practitioner (GP).

# Exercise for when your leg is in a plaster cast

Wiggle your toes often throughout the day.

Raise your leg several inches off the floor with the leg straight and hold for a few seconds and bring your leg back down.

If your knee is not in an above knee cast, you can include straightening and bending the knee.

Repeat these numerous times throughout the day. This is to keep your joints mobile and limb active.

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# Exercise for when your arm is in a plaster cast

Place the elbow of your effected arm on a hard surface with your fingers pointing towards the ceiling.



Bend all your fingers to make a fist.



Open your hand with fingers fully straight.



Repeat this movement numerous throughout the day for at least 5-10 minutes at a time. This may need to be done for longer especially when you wake up in the morning and at night before going to bed. This is when the swelling can be at its worst.

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#### DOs and DON'Ts

- DON'T get your cast wet
- DON'T put anything down your cast
- DON'T interfere with your cast
- DO Always leave your heel free from direct pressure
- DO Regular skin checks around the edges of your cast. You may need someone to help you with this if you are in a long leg cast

# Frequently asked questions

#### Can I drive?

You must check with your insurance company before driving as your insurance may be invalid if driving in a plaster cast.

#### Can I play sport?

You need to check with your clinician who will advise when it is safe to participate in sporting activities.

#### Can I bath or shower in a cast?

Although you cannot get the cast wet, you can purchase waterproof cast covers which are designed for bathing and showering.



https://limboproducts.co.uk/



https://bloccs.com/en-uk

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#### **Useful Contact Numbers**

## Wigan Hospital - Royal Albert Edward Infirmary (RAEI)

Fracture Clinic Nurses' Station – 01942 822109

Plaster Room - 01942 822106

Follow up Appointments – 0300 555 4567

Hand Physiotherapy – 01942 822103

## **Orthopaedic Secretaries**

01942 822247

01942 773256

01942 822165

## **Wrightington Hospital**

Appointments - 01257 256222

Orthopaedic Outpatients Clinic - 01257 256299

Admissions 01257 256219

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#### **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.



Phone: 0808 802 1212

Text: 81212

www.veteransgateway.org.uk



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