Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Plaster Cast Passport

Version number: **8**
Last modified date: **12th November 2026**

Plaster Cast Passport

Patient Information

Trauma & Orthopaedics

- Author ID: SM
- Leaflet Ref: Musc 040
- Version: 8
- Leaflet title: Plaster Cast Passport
- Date Produced: October 2025
- Expiry Date: October 2027

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Patient Details

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

Patient's name……

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	
Clinic/Clinician	
Hospital/Department	

Plaster Cast Details

Diagnosis	

Type of cast given	
Manipulated	Yes No
Comments	

Print Name	
Signature	

Subsequent Cast Changes

Date	

Type of cast	
Reason for change	
Problems	
Print name	
Signature	
Designation	

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

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.

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.

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.

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

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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