

# Plaster advice

An information guide



# Plaster advice

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E) or Urgent Treatment Centre (UTC).

## Plaster instructions

Your plaster will take 48 hours to dry completely. Until then it will feel very heavy and it is not very strong. At first it will also feel very warm.

- **DO NOT** get your plaster wet
- **DO NOT** push objects into the cast. In particular, **DO NOT** try to scratch with knitting needles, pens etc. This may cause severe skin problems
- **DO** exercise all joints not included in the plaster, especially fingers, toes and shoulder – this will help to reduce swelling and prevent stiffness of these joints
- **DO** rest and elevate the limb on pillows or cushions when you are not using it
- **DO NOT** drive without first checking with your insurance company

## Exercises for an injured arm

Exercising your hand and arm while in plaster will help to reduce swelling of the hand, which will speed up recovery when the plaster is removed. You should do the exercise every hour. If you have been given a sling to wear, remove it before doing the exercises.

- Lift your arm above your head 5 times
- Bend and straighten your arm 5 times (not for patients whose plaster comes above the elbow)
- Close your fingers and try to touch the plaster across your palm 10 times, then straighten your fingers fully 10 times

- Take your thumb to touch the tip of each finger in turn. The plaster may restrict how far across your palm you can reach
- If you cannot touch the plaster with your fingertips, please tell the doctors when you attend the fracture clinic

**If you notice any of the following you should contact/return to the A&E Department/ UTC you attended:**

- Your fingers or toes become painful, swollen or numb
- Your fingers or toes become pale or blue
- The plaster becomes wet, cracked, loose or uncomfortable
- The plaster becomes too tight
- You experience numbness, tingling or pins and needles
- There is severe pain or other irritation under the plaster

**A&E Department:**

**Fairfield General Hospital– 0161 778 2600**

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**


**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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