

Looking After Your Non Weight-Bearing Cast

An information guide



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Advice for below-the-knee or long-leg casts:

- Remember that you may be unsteady, due to the weight of your cast, and may need assistance even if the cast is quite small.
- Be patient. Do not try to move too fast.
- Use your crutches or frame until you are told otherwise by the doctor.
- Try not to get your cast wet. You can use a cast protector (available commercially, your Plaster Room staff will have the details) to keep it dry when bathing or showering. Please do not leave the protector on too long as it may restrict circulation and may cause condensation inside the protector.
- Try to get everything you need before you get into the bath. It is sensible to have assistance as you may be unsteady. Put your good leg into the bath first. Support your cast leg between the taps or on a bath rack if the rack is strong enough. Empty the water out of the bath and dry yourself before you get out. When you get out of the bath lead with your cast leg. Place a damp towel on the edge of the bath to help prevent you from slipping.
- Wet wipes are useful for cleaning your toes.
- A small rucksack is useful for carrying things around the house.
- Loose rugs can be hazardous and are best removed.
- You may find it more comfortable to perch on a stool, rather than to sit on a chair.
- When you are sitting, try to keep your leg up above your knee to prevent and/or alleviate the swelling. Use a pouffe or stool.
- Keep your foot warm with loose socks or a leg warmer.
- Avoid wearing flip flops or loose fitting foot wear on the non injured limb.

- Have a flask to hand for warm drinks/soup if you are alone during the day.
- Loose clothing is practicable and comfortable.
- If you have to keep the bed covers off your feet at night, hang them over a chair pushed against the bed. Pillows under the mattress will give some elevation if needed.
- Lead with your good leg going up stairs and lead with your cast leg coming down.
- If you fall, don't panic; roll yourself on to your front and get into a kneeling position. Use a stable piece of furniture to pull yourself up.
- Please note that smoking can delay the healing process following a fracture or broken bone.
- When you are allowed to bear some weight, always wear your cast shoes when walking. If possible, wear a thicksoled shoe on your good foot, to match the height of the leg in the cast.
- Do not poke anything down your cast if you have an itch. It can cause breaks in the skin which can cause problems such as infection which may go unrecognised.

Important:

Report to the plaster room if you feel the cast is too tight or becomes too loose for any reason.

Contact details

All plaster rooms are open Monday to Friday 8.30am – 5pm. Please contact us if you have any concerns:

The Royal Oldham Hospital – 0161 778 5988 or 0161 627 8886

Fairfield General Hospital - 0161 778 2896 or 0161 778 2891

Rochdale Infirmary – 01706 517320 or 01706 517799

North Manchester General Hospital – 0161 720 3623 or 0161 720 2617

Outside of these hours you will need to attend the nearest Emergency Department,

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

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

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To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

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

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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