

Patient Information Leaflet

Plaster and casts advice sheet

Produced by:
Fracture Clinic

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টেলিফোনে ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন

The following information is for patients who have been treated with a backslab, plaster cast or a scotch cast (fibreglass plaster).

Backslabs

These are only half a plaster and are usually applied soon after injury. They are not strong, they are for support and protection only. Should you walk on, or knock a backslab it is likely to break. It can take up to 24 hours to dry fully.

Plaster casts

These can take up to 48 hours to dry fully. They are strong plaster, but should not be walked upon unless you have been advised to do so by a doctor or a nurse.

Scotch casts

These can take up to 1 hour to dry fully. They are strong plasters, but should not be walked upon unless advised to do so by a doctor or nurse.

General instructions for all casts

- Do not get your cast wet.
- Do not stick anything inside the casts, such as knitting needles and pens.
- Exercise all the joints not included in the cast on the affected limb, especially the fingers and toes.
- Keep the limb elevated (above hip height if lower limb) and supported as much as possible.
- Do not attempt to remove or repair the plaster yourself.

If any of the following signs occur, please telephone the accident and emergency department, contact your GP or return to the department.

- 1) Fingers/toes become painful, swollen or numb.
- 2) Fingers/toes change colour or become blue.
- 3) If the cast becomes wet or blood stained.
- 4) If there is severe irritation/burning under the cast.
- 5) If the cast cracks, becomes too loose or is uncomfortable.

Please keep any appointment that may have been made for you, these are very important.

Please do not hesitate to phone us for advice if you are at all worried.

Fracture Clinic times

Monday – Friday 8:30 – 13:00

If you experience any problems with your plaster please telephone between 9am – 10am and ask to speak to the Plaster Nurse.

After 12 noon and at weekends please contact the Accident and Emergency Department **01983 524081**.

The telephone number for the fracture clinic is **01983 822099 ext. 6655**

If you have any cast problems please contact plaster room Monday – Friday between 08:30 – 09:00 on **01983 534656**

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If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at:
www.nhs.uk

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.