

Important information for patients with a limb in cast or splint

Your cast will take about 20 minutes for synthetic and up to 48 hours for plaster of Paris to dry so NO weight should be applied during this time.

While the cast is drying **do not** rest your limb on anything hard as this may cause a ridge inside which can lead to sores.

DO

- Elevate (raise) your cast/splint above heart level to allow the swelling to reduce. This will prevent your cast feeling too tight or causing problems with circulation.
- Move any joints not in the cast regularly to prevent stiffness.
- Telephone the plaster room between 0900 and 1530 if the cast is rubbing, loose, or soft.

DO NOT

- **Sit completely still for prolonged periods of time as this will increase the risk of developing a blood clot in your leg. (Deep vein thrombosis or DVT).**
- Rest the heel of a cast or splint on your other leg. This will cause pressure sores.
- Get the cast or splint wet.
- Try to cut your cast or splint.
- Apply heat to the cast or splint.
- Push anything under the cast or splint.
- Drive with a cast or splint on unless specifically advised by the doctor looking after you.
- You must discuss driving with your insurance company before you drive.

Telephone the Plaster Room or the Emergency Department if you get any of the following:

- Increasing pain.
- Pins and needles or numbness.
- Increased swelling.
- Unable to move finger or toes.
- If you have a wound under the cast and you notice a discharge or offensive smell.

Telephone numbers

Plaster room (direct number) 01535 292293 (Monday to Friday 0900-1530)

Emergency Department 01535 294481

Clinic Appointments

If you are unable to attend a fracture or ED review clinic appointment then please ring the Emergency Department reception on **01535 294481**, or Appointments on **01535 292576**.

By telephoning, we can ensure you get appropriate advice and do not wait unnecessarily in the Emergency Department.

Notes:

Are you a victim of Domestic Violence? For confidential advice, contact:

Bradford	0808 2800 999	https://www.stayingput.uk.net/contact
North Yorkshire	03000 110 110	https://www.idas.org.uk/
Lancashire	0300 323 0085	https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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