

## Information for patients in plaster

Your limb has been put into plaster (POP) to help healing and to reduce discomfort. If your arm is in plaster, remember to use your sling when walking around. Your hand and fingers should be above the level of your elbow. If your leg is in plaster, remember to keep your foot elevated when you are sitting down. Your foot should be higher than your hip.

These two positions will help reduce swelling and pain in the affected limb.

**If you have any concerns, please contact  
the Emergency Department on 01270 612160**

### Some worrying signs may include:

- The plaster becomes uncomfortable (either too tight or too loose) and starts to rub.
- The plaster becomes soft or cracks or becomes wet.
- If your fingers or toes become very swollen.
- If your fingers or toes become blue or grey (this does not include bruising).
- You develop persistent pins and needles, numbness or loss of feeling in your fingers or toes.
- You are unable to move your fingers or toes.
- You develop more severe pain which is not relieved when you elevate the limb.

### Things you should not do:

- Do not walk on your plaster unless you have been told you can.
- If you have a weight bearing cast, you must wear the shoe provided when indoors and outdoors.
- Do not get your plaster wet. Keep your plaster dry at all times.
- Never poke anything down inside your cast.
- Do not remove your cast.
- Do not drive whilst you are in plaster.

**Please remember to return all equipment to the hospital when you no longer need it.**

This information is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.

Reviewed by the Readers' Panel May 2015.

Reprinted January 2018 Review January 2020 Ref: EC/AE/0280118