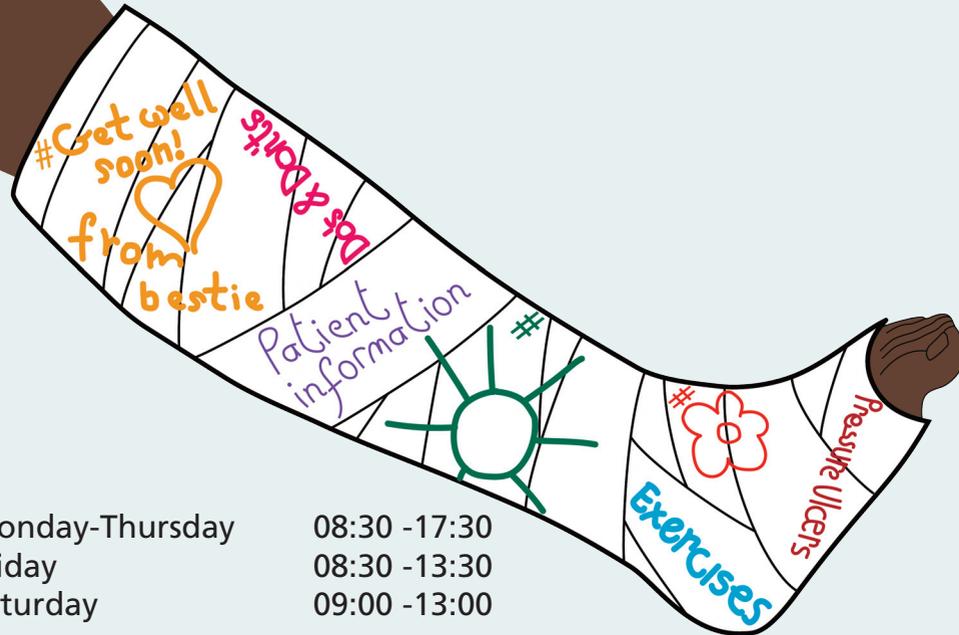




Norfolk and Norwich
University Hospitals
NHS Foundation Trust

Plaster Room

Patient Information Leaflet



Monday-Thursday	08:30 - 17:30
Friday	08:30 - 13:30
Saturday	09:00 - 13:00

Phone 01603 287874 in advance so we can make an appointment for you

Consultant:

Treatment:

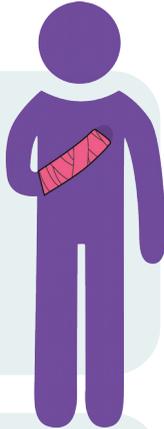
Next appointment with plaster room

Date:

Time:

Things to DO

- Do elevate the plastered limb as much as possible
- Do make sure your fingers are higher than you elbow
- Do when walking, hold your arm like the picture
- Do elevate your arm when sitting

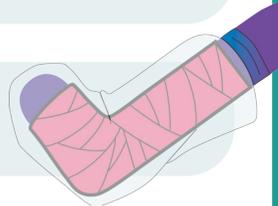


- Do inform plaster the technician if your are planning to fly on an aeroplane

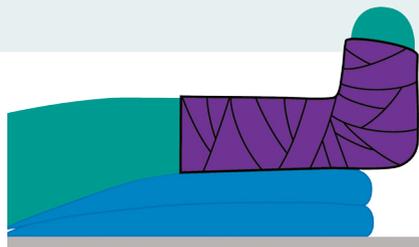
- Do keep your cast cool, add ice to a plastic bag or a small bag of frozen vegetables wrapped in a towel
- A hair dryer on a cool setting can help



- Do use a protective cover when showering

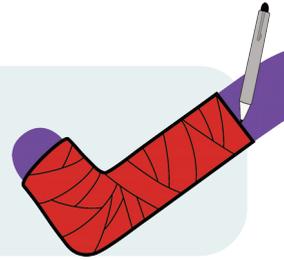


- Do elevate toes higher than hip as shown in picture below
- Do have the pillows running from above cast to your ankle

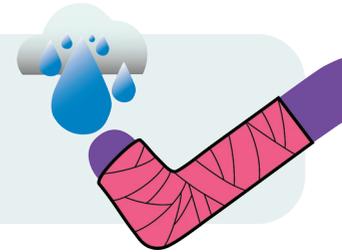


Things NOT to do

- Do not put anything down your cast



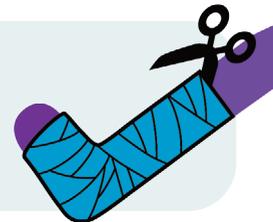
- Do not get the cast wet



- Do not drive with your cast or boot on



- Do not cut or try to remove your cast



- Do not wear jewellery on your injured limb (your limb will swell)



- Do not play with sand or go to the beach



Pressure Ulcers

A pressure ulcer is a breakdown of skin caused by significant pressure focused in one specific area over a period of time

Why can casts cause pressure sores?

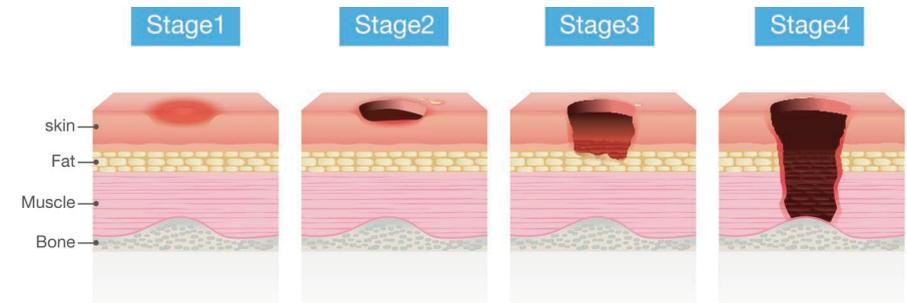
- A loose cast due to swelling decreasing causing movement, rubbing and pressure
- Unable to monitor/look at skin
- Swelling causes increase pressure
- Not elevating limb or doing too much

Who's at risk?

Pressure sores can affect anyone, certain conditions, lifestyle choices and other factors can increase risk

- Diabetes
- Smoking
- Poor/fragile skin
- Poor sensation
- Lack of mobility
- Bony prominences - prominent bone

Pressure sores are painful and can take a long time heal. They are categorised 1 to 4



Warning signs

- Burning
- Weeping and oozing
- Bad smell
- Rubbing
- Blister sensation/pain

If you have any of these symptoms please contact plaster room

- Your fingers/toes become blue (not bruised) or develop uncomfortable swelling
- You develop severe pain in your limb which is not relieved by elevation and pain relief
- You develop constant pins and needles
- You have a constant blister like pain or rubbing under your cast
- You have placed anything inside your cast
- Your cast/boot/splint becomes loose, cracked or soft

Plaster room: 01603 287874

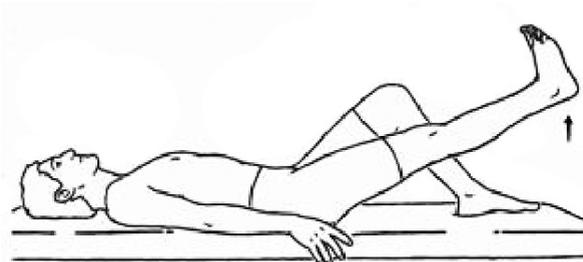
Arm Exercises

- Curl your fingers round to form a fist and straighten them again
- Touch each of your fingers with your thumb
- Bend and straighten your elbow (if not in the cast)
- Move your shoulder regularly at least 5 times a day



Leg Exercises

- Wiggle your toes as much as possible
- Whilst lying down tighten your thigh muscles and lift your leg 6 inches then lower
- Bend and straighten your knee (if not in a cast)
Try to do 10 of each exercise



A possible serious complication is a deep vein thrombosis (DVT) blood clot in the leg, or pulmonary embolism (PE) a blood clot in the lung.

Symptoms include:

- Increased or renewed pain or swelling in the leg
- Pain in the calf or thigh, rather than over the injury site
- Shortness of breath
- A sharp pain in the chest which is worse when you breathe in

IF YOU EXPERIENCE ANY OF THE ABOVE YOU MUST SEEK URGENT MEDICAL HELP

Instruction for removal of soft cast

For safe removal of a soft cast please see links

<https://youtu.be/s3-Y6aMiWyM>

https://youtu.be/8j8LhY_oOu8

<https://youtu.be/t83-w2oagtM>

Useful information:

Norfolk and Norwich University Hospital A+E department:
01603 287325

NHS Choices

<https://www.nhs.uk/conditions/blood-clots/>

The NHS 111 service is staffed 24 hours a day, 7 days a week of fully trained advisers. They will ask questions to assess symptoms and depending on the situation will

- Give advice on self-care
- Connect you to a nurse or GP
- Send an ambulance direct
- Direct you to a local service that can help you best with your concern. Patient Advice And Liaison Service (PALS) to make a comment or raise concerns about Trust Services. Please contact PALS 01603 289036



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