

## Look after your plaster, you'll heal much faster

### How should I look after my plaster?

To help keep your plaster in good condition:

#### Do:

- use your sticks or crutches as instructed
- keep your plaster dry
- raise your plastered limb above the level of your heart when sitting or lying
- exercise your fingers, toes and joints as instructed
- if your plaster:
  - rubs
  - cracks
  - itches excessively
  - softens
  - becomes loose or uncomfortable

please contact the department that applied it.

#### Don't:

- interfere with your plaster in any way
- get your plaster wet
- stand or press on your plaster, until you are told it is safe to do so
- poke anything down under your plaster
- leave your limb hanging down
- have your sling on for longer than instructed
- write on your plaster for 48 hours.

continued overleaf

If you develop any of the following whilst wearing your plaster:

- burning pain or numbness
- swelling which causes discomfort
- blueness, paleness or discolouration of fingers or toes
- inability to move your fingers or toes
- pins and needles (tingling)
- a feeling of dampness under the plaster
- any foreign body that is underneath the plaster, must be removed
- any other worrying symptoms

please contact the fracture clinic or minor injuries department.

#### Remember:

- take care of your plaster, it takes time to apply and costs between £20 - £200
- please return all crutches and sticks to your nearest physiotherapy department, or hospital.

#### Further information

Contact the **Fracture Clinic** on **01872 253091**

Or **Plaster Room** on **01872 253234** between 8am and 5pm.

Or phone **01872 250000** and ask for the Emergency department during out of hours.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on **01872 252690**