

## Appendix 2 – Instructions for Patients in Plaster Casts

### Contact details:

Darlington Memorial Hospital – 01325 743486  
University Hospital North Durham – 0191 3332424  
Bishop Auckland Hospital – 01388 455477

### Out of hours contact details:

A&E Darlington Memorial Hospital – 01325 743481  
A&E University Hospital North Durham – 0191 3332135

### Do

- Exercise your fingers, toes, elbow, shoulder
- Elevate your plastered limb whenever possible
- Use crutches, walking sticks and slings as instructed
- Return to or contact Plaster Room if you notice any of the following:-
  - Inability to move any part you have been instructed to exercise
  - Cracking or softening of cast
  - Loosening and discomfort under plaster

If you have a plaster cast, there are certain things to watch out for which may indicate that you have developed a clot in the veins of your lower leg (a deep vein thrombosis). **Please note:** the risk of this is more likely if you have a plaster cast on your leg but patients with arm casts should watch out for the signs as well.

- Swelling
- Extreme pain in the affected limb
- Discolouration
- Pins and needles or numbness

**However should you notice any of the following symptoms you should seek urgent medical assistance as it is possible that a blood clot could have travelled to your lungs**

- Shortness of breath
- Pain in your chest, back or ribs which worsens as you breath in
- Coughing up blood

### Do Not

- Remove your plaster cast
- Get your plaster cast wet
- Poke anything inside your plaster cast
- Wear a sling longer than instructed
- Knock or bump your plaster cast
- Press or walk on your plaster cast until it is dry and have been instructed to do so
- Wear jewellery on plastered limb