

Plaster casts

- The plaster cast is applied for treatment of your injury.
- The cast is intended to immobilise your limb while it heals.
- The cast gives protection and helps make the limb more comfortable.

Symptoms of swelling

Most swelling occurs within the first 1– 2 days.

To help decrease the risk of swelling:

- Elevate the arm higher than your shoulder for an arm cast.
- Elevate the leg preferably higher than your bottom for leg injuries.
- Keep moving fingers or toes (depending on which limb you have injured).
- Pretend your hand is a pump; make a fist and then straighten your fingers out as straight as you can. Repeat several times. This will help decrease swelling. Less swelling means less pain.

Ring Pegasus Health 24 Hour Surgery on 365 7777 if your fingers/toes become:

- Blue
- Numb
- Cold
- Pins and needles
- Excessively swollen compared to the other limb
- Extremely painful when you straighten your fingers or toes.

These are all signs of a problem with your circulation. Elevate the limb **high** and if no improvement within 20 minutes seek medical advice.

Caring for your Cast

If your cast is made from plaster of paris it will take 24-48 hours to completely dry.

- Keep the limb elevated for the first 24-48 hours.
- Do not rest the cast on anything hard, otherwise you could dent the cast and this could cause pressure on the skin.
- Do not put anything down the cast to scratch any itches. You could damage your skin and may not be aware of this until the cast is removed.
- Do not get the cast wet. To bath or shower, wrap a face cloth or hand towel around the cast and then cover with a plastic bag. Tie up firmly so that no water can get in. If the cast gets wet it will need to be changed.

You do not need to wear a sling after the first day or two. It is important to keep your elbow and shoulder moving.

If you have any concerns about your cast please call the Pegasus Health 24 Hour Surgery on 365 7777.

If you require further medical assistance contact the 24 Hour Surgery:
Phone 365-7777, 401 Madras Street.

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**24 Hour Surgery
401 Madras Street**

Urgent medical and accident care 24/7

24hoursurgery.co.nz

Phone: 365-7777

**24
HOUR
SURGERY**

