

## Looking after your plaster

Whittington Health  
Magdala Avenue  
London  
N19 5NF

Phone: 020 7272 3070


Date published: 13/02/2012  
Review date: 13/02/2014  
Ref: Ortho/P1/3

©Whittington Health

Please recycle

A patient's guide



.... caring for you 

**You plaster will take 24 – 48 hours to harden.**

During this time you should keep your plaster uncovered and in a warm, dry atmosphere.

**Please return to the hospital if:**

- your plaster becomes tight
- you get pins and needles
- your finger or toes go white or blue
- you get swelling
- your plaster starts to crack, crumble or soften
- your plaster gets wet and soft
- your plaster becomes loose
- your plaster starts to rub and makes your skin sore

**Please do not**

- wear a sling at night
- stand or rest on a walking plaster until it is fully dry
- stand by direct heat to dry the plaster, as this may burn it
- use an electric blanket unless the plaster is completely dry
- attempt to scratch your skin inside the cast, such as a knitting needle
- allow your plaster to become wet
- write on your plaster until it is dry.

**Please do**

- exercise your fingers and toes by wiggling them
- exercise your shoulder and elbow joints
- raise your plastered limb whenever possible.

**If you have any concerns or problems please contact:**

The fracture clinic 020 7288 5668  
Monday – Friday 9.00am - 5.00pm

The emergency department at any other time  
020 7288 3304