

Looking after your plaster

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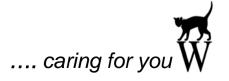
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A patient's guide





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 is it dry.

Please do

- exercise your fingers and toes by wriggling 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