



Plaster of Paris

ELEVATE your arm/leg as high as possible to help decrease swelling and pain.

EXERCISE your fingers/toes as much as pain allows. This means **FULL** movements of **ALL** joints not covered by the plaster. **IF THE LIMB IS PAINFUL**, take a mild pain relief as instructed. This will allow you to move your fingers/toes properly.

PHONE OR REPORT TO THE SHORECARE IMMEDIATELY IF YOU EXPERIENCE

- **PAIN** which worsens
- **NUMBNESS/TINGLING** in the fingers/toes
- **CHANGE OF COLOUR** in the fingers/toes compared to the other limb

AND these symptoms are not relieved with 15 minutes of strict elevation, exercising fingers/toes and mild pain relief (if due).

RETURN for a plaster check the day after your plaster cast is applied, no appointment is necessary

KEEP THE PLASTER DRY by wrapping it in a towel and a plastic bag when bathing/showering. Water causes the plaster to soften.

ONLY REST YOUR PLASTER ON SOFT SURFACES eg. pillows. Banging or resting your plaster on anything hard causes it to become soft. Only write on the plaster when it has dried fully.

WHEN THE PLASTER IS DRY

- **ARM PLASTER** - dry in 48 hours. Gently use your arm as much as comfortable. Remove your sling and only use it for short periods to rest your arm. If it becomes more painful, stop what you are doing and rest for a while.
- **LEG PLASTER** - you will be told if you are allowed to walk on your plaster. If you have been told to walk on your cast, you can start walking in 72 hours if comfortable. Use the crutches until you feel confident to walk without them.

KEEP YOUR PLASTER AWAY FROM HEAT as you can easily burn your skin under the plaster. If cold, cover your fingers/toes with a sock or warm the room.

IF THE PLASTER CAUSES ITCHING, blow down the cast with **COOL** air (eg. A vacuum on the blow setting). **NEVER** put anything down the plaster. If itching continues or you develop a rash, contact Shorecare.

IF THE PLASTER RUBS, a change of position may help. If rubbing continues, if pain worsens or if there is an unexplained discolouration/smell in the plaster - you must contact Shorecare as soon as possible.

IF THE PLASTER BECOMES CRACKED, BROKEN, SOFT OR LOOSE it is important you return or contact Shorecare within 24 hours. The plaster may not protect and support the fracture if it is damaged or loose and some fractures can become displaced.

- **ARM PLASTER** - wear a sling
- **LEG PLASTER** - use crutches; do not walk on the plaster

AND contact Shorecare within 24 hours.

IF, AT ANY TIME DURING YOUR TREATMENT YOU HAVE ANY PROBLEMS OR QUESTIONS, PLEASE PHONE US ON 486 -7777. WE ARE HERE TO HELP.