



Patientinformation

Akuttmottagningen, NU-sjukvården, Norra Älvsborgs Länssjukhus, NÄL

For you who received a plaster cast

Your injury has been treated with a lime plaster cast or a synthetic plaster cast. How long the plaster cast will be worn depends on the type of damage, as well as your compliance with the instructions and the advice given to you. If you are allowed to strain the injured leg, you have to wait until the plaster cast has solidified: a **lime plaster cast** takes about 24 hours/a **synthetic plaster cast** takes about 20 minutes to solidify. If you were given a **special shoe to use with the plaster cast**, you need to use it as well as indoors and outdoors.

Protect the plaster cast against water: if it gets wet or breaks down, it loses both stability/solidity and you have to get a new plaster cast. Use a plaster cast protector when showering/taking a bath. **Protection made of plastic is only for temporary use**, since it may enclose both perspiration and moisture. Avoid having the limb in plaster cast in a hanging down position, keep the injured limb instead in an **elevated position**, for example rest your arm on a pillow or your leg on a chair. **Make sure you mobilize the other joints in the limb** with plaster cast for example fingers, elbow, shoulder, toes, foot and knee, according to the given instructions and advice.

Complications and risk´s

There's a risk that your limb with plaster cast might get swollen, which can lead to the plaster cast can feel a bit tighter and less comfortable. Signs of serious issues are:

- Increased pain
- Numbness
- Finger or toe stiffness/paralysis
- Fever with unknown cause
- Pressure
- Circulatory disorders and in rare cases thrombosis (blood clot)
- A general discoloration might appear, usually coming from a bleeding in the fracture area, looking like a bruise or contusion
- A plaster cast, lime or synthetic, can get loose if the swelling of the arm/leg reduces and may cause chafing, sliding and insufficient stabilization of the fracture
- **In case of problems with the plaster cast or questions, always call first!**
Day time: NU-sjukvården phone +46 010 – 43 53 900 touchtone 2. Nighttime and weekends: Medical advice phone +46 11 77 (Sjukvårdsrådgivningen).

Tips

Put crutches upside down when putting them aside, so they won't slide as easily.

Pinch your toes when you're about to change position from laying down to an upright position to reduce the discomfort of blood flushing down in the leg with plaster cast.

Use a cotton swab to wipe clean between fingers or toes, to prevent fungal infection.

Reduce swelling by keeping the injured limb in an elevated position when possible. When sitting/laying down, put your feet up, keep your arm above the level of the heart.

To get a high position in the bed – put the leg or arm above the level of the heart, put pillows under the mattress so the elevated position remains.

Walking downstairs: the leg in plaster cast goes first. Walking upstairs: healthy leg goes first. If itchiness appears, never stick any sharp or pointy objects under the plaster cast.

Your plaster cast was modelled by:

Date: