



## Cast Care Patient Advice Leaflet

This advice leaflet is for patients who have had a cast applied to an arm or leg in the South Infirmery University Victoria Hospital, Cork

### **Dos and don'ts:**

#### **Dos**

- Do keep your arm/leg ELEVATED as much as possible
- Exercise you fingers/toes frequently
- Report if your cast becomes loose, falls off, breaks, cracks, gets wet or becomes uncomfortable  
(Shower covers available from local Pharmacies)
- Report an increase in pain which is not relieved with pain medicine
- If you notice excessive swelling, pins & needles, numbness, a change of colour or coldness of your fingers/toes - **ELEVATE** your arm/leg for 30 minutes and if no improvement is noticed within 30mins **REPORT IMMEDIATELY**

#### **Don'ts**

- Do not scratch skin under the cast with an object
- Do not put powder or lotion under the cast
- Do not wet, cut or heat cast
- If you have a cast on your leg do not put weight on leg unless advised to do so by your doctor

### **If you have any questions about your cast contact:**

Plaster room @ South Infirmery Hospital

Tel No: 021 4926175 OR 021 4926485 Monday – Thursday 9am – 4pm

After 4pm, weekends and Bank Holidays contact 021 4926100 and ask for Nursing Administration on Bleep 725