



PATIENT INFORMATION

# PLASTERCAST CARE



## **Introduction**

You have been given this leaflet to help you to understand more about your treatment. If you have any further questions please ask one of the nurses.

You have had a plaster cast applied to a damaged bone, to help it to be rested and to heal.

Sometimes we apply a plaster half way round the limb, held in place with a bandage. This is called a 'backslab'. It allows for swelling of the injured area to take place. The plaster may be completed to a full cast a few days later when swelling has settled.

## **Care of Your Plaster**

The plaster may take a day or two to completely dry out. Often, a lightweight quick drying plaster may be used which will dry within one hour.

You should keep the plaster raised when possible, on pillows, or in a sling. Limbs hanging downwards can swell, causing the plaster to become tight and painful.

We will show you how to check the plaster regularly to make sure that it is not too tight. Look out for toes or fingers that have swollen, or lost their feelings or colour. Any of these symptoms require medical attention. If you phone the ward we will tell you how to arrange this.

- Do not get the plaster wet, or expose the plaster to direct heat.
- Do not poke anything down the plaster such as pencils, or small plastic items.
- If you notice an offensive smell, or if there is a painful area under the plaster, contact the ward for advice.
- The plaster may stay in place for several weeks and will be removed in clinic.

## **After Discharge**

If there is any discomfort, a mild painkiller such as Paracetamol may be given - follow the instructions carefully.

Medical and nursing staff will advise you when you can return to normal activities.

Continue exercises e.g. wiggling fingers/toes as instructed.

Remember to keep the outpatient clinic appointment, or contact the clinic if you are unable to come at the time specified.

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.