

## Your guide to cast care

This information is to help you while you have a cast. Please read it carefully.

Please call one of the numbers included in this leaflet immediately if you experience any of the following:

- Your toes or fingers become blue or swollen or you are unable to move your limb
- Your limbs become painful
- You have any pains in the muscles held within the cast
- You have pain in your chest or shortness of breath
- You feel 'pins and needles' or numbness in the limb with cast on
- There is any 'blister-like pain' or rubbing under the cast
- You have any discharge, bleeding, wetness or offensive smell coming through the cast
- If you drop any object in the cast

### Cast care

- Exercise the joints not held in the cast as much as possible
- Do not let the limb hang down unless it is being used; elevate the limb especially during the first few days
- Allow the cast to dry naturally and if plaster of Paris leave it uncovered for 48 hours
- Do not sit close to the fire, as your cast may become hot and burn you
- Do not wet the cast, it may disintegrate or cause skin problems
- Do not cut heat or otherwise interfere with your cast
- Do not prod anything into the cast for itching, this can lead to skin damage
- If the cast becomes; cracked, soft, loose or tight, or if you are worried, please turn over for contacts to ring for advice on where and when you can attend to have your cast checked.

It is important to call ahead as so the technician can provide you with a time to attend for a plaster check if necessary.

## Contact us:

It is important to call ahead as so the technician can provide you with a time to attend for a plaster check if necessary.

If you experience any issues please call us for advice:

<b>Fracture Clinic Helpline</b> (9am - 3:30)	01670 529 431
<b>Berwick Infirmary</b> (8.30am – 6pm)	01289 356 606
<b>Hexham General Hospital</b> Plaster room (Monday – Friday, 9am – 4pm) Urgent care centre (9am – 10pm)	0344 811 8111 and ask for extension 35932 01434 655 388
<b>North Tyneside General Hospital</b> Plaster room (Monday – Friday, 9am – 4pm) Urgent care centre (9am – midnight)	0344 811 8111 and ask for extension 32073 0191 293 2515
<b>Wansbeck General Hospital</b> Plaster room (Monday to Friday, 9am – 5pm) Urgent care centre (9am – 10pm) Out of hours	01670 529 576 01670 529 565 01670 529 884
<b>The Northumbria</b> Plaster room (8:30am – 12:30pm) Out of hours (24 hours)	0191 607 2743 0344 811 8111 and ask for extension 72103

## Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 0344 811 8118.

## Other sources of information

**NHS 111**

**NHS Choices** [www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

**NICE (National Institute for Health and Clinical Excellence)** [www.nice.org.uk](http://www.nice.org.uk)

## Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 01670 511098 Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

## Northumbria Healthcare NHS Foundation Trust

General Enquiries 0344 811 8111 [www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)

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