

Cast Care

Thank you for choosing to be treated at BNE.

Your doctor is satisfied that you are well enough to go home. This information sheet will provide you with additional information to assist you with further recovery.

Warning signs

Please return to the **BNE** or visit your GP if you experience any of the following:

- Increasing or severe pain, unrelieved by simple analgesia such as paracetamol
- Plaster becomes too tight, loose, starts to crack or gets dented
- Fingers or toes become cool, numb to touch or you have pins and needles
- Colour of fingers or toes are pale, dusky or blue
- Plaster develops an offensive odour
- Severe itchiness beneath the plaster cast
- Any visible ooze or discharge.

Information about your plaster cast

You have suffered from a fracture, the bone has broken and as a result there will be pain and swelling.

- Plaster protects the affected area and keeps it in the correct position, minimising pain and discomfort.
- You may have a full or half cast known as a 'backslab'.
- Following the first few hours after application, the plaster may feel warm because it is drying.
- You may expect some mild pain for the first few days to one week. This can be treated with simple analgesia such as paracetamol.
- Due to initial swelling of your injured limb the plaster may become loose after several days.

Care of your cast:

- Keep limb elevated in a sling or on pillows whilst sleeping. This will prevent swelling.
- Plaster should be kept clean and dry.
- When bathing or showering, use a plastic bag and seal firmly with tape to cover the plaster.
- Exercise your fingers and toes to prevent swelling and stiffness.
- Never put anything down inside your plaster, even if it is itchy. This may cause irritation to skin and possible infection.
- Do not put any weight on it for the first 24 hours due to the plaster still being partially wet.

Please call us or return to **BNE** if you have any concerns.

Alternatively, your GP will have received information regarding your visit to **BNE** and can address any concerns you may have.



Please come back to see us for your follow-up care and treatment.

627 Rode Road Chermside

Located between The Prince Charles and St Vincent's Private Hospital Northside.