





## Information for Patients Following Cast Application

Please read the following Instructions carefully and let a member of staff know if you don't understand these instructions:

### HOW TO CARE FOR YOUR CAST:

- Allow the cast to dry naturally and leave it uncovered for 30 minutes
  - Exercise the joints above and below your cast as much as possible (see the back of this sheet), Avoid sling/ support unless advised
  - Do not let the limb hang down unless it is being used: elevate the limb above heart level, especially during first few days.
  - Do not sit too close to a fire/ radiator/ any heat sources
  - Never lift anything heavy/ do not put weight on the affected limb when you are in cast unless advised by the team
  - Do not wet the cast it can cause problems to your skin underneath.
  - If the cast becomes cracked/soft/loose/tight or wet contact the hospital as it may need replacing
  - You should not drive any motorized vehicle while you are in cast
  - If you are flying during your time in cast, please let a member of staff know
  - We advise you do not wear jewellery on your injured hand/arm and avoid using nail varnish
  - Do not put anything inside your cast to scratch, as this may damage the skin
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- Keep dirt, sand, powder or cream away from the inside of your cast
  - Do not pull the soft padding out from the cast
  - Never attempt to remove the cast yourself
  - If you have a lower limb cast, please avoid direct pressure for long periods around the heel/ ankle areas while on elevation

### CONTACT THE NUMBERS BELOW IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS:

- Pins and Needles or Numbness that is not relieved with elevation of the limb or painkillers
- If your toes or fingers become blue or swollen or you are unable to move the limb
- If your injured limb becomes more painful
- If you experience "blister like pain under the cast"
- Discharge, wetness or smell under the cast
- If you drop an object down inside the cast

Contact or present to the hospital **immediately** if you experience any of the following:  
Deep pain in the calf or if you experience pain in the chest or shortness of breath  
**THESE SIGNS MAY INDICATE THE PRESENCE OF A BLOOD CLOT**



Thrombosis Ireland

Plaster Room, Acute Fracture Unit ☎ (061) 485018 (Monday- Friday 08:30am-17:30pm)  
Trauma Ward ☎ (061) 482942 (24hrs)

In the event of an emergency present to the nearest Injury Unit or Emergency Department  
ALL APPOINTMENT ENQUIRES (061) 482776

## EXERCISES OF THE LIMB WITH A CAST

### EXCERISES FOR SHOULDER/ELBOW/HAND

These exercises should be done at least six times every morning, noon and evening to prevent stiffness:

1. Raise your arm above your head (if necessary, help it with the other hand)
2. Touch the back of your neck with your hand
3. Touch the small of your back with your hand
4. Straighten and bend your elbow, if not enclosed in your cast
5. Make a fist with your fingers and thumb (if not enclosed in your cast)
6. Spread your fingers and thumb wide apart, relax and then spread them again.

Do not allow your hand hang down for any length of time as it may become swollen and painful. Elevate you hand to heart level when you are sitting or lying. Slings are not always necessary and are only recommended for short term use unless you are told otherwise.



### EXCERISES FOR LOWER LIMBS

When wearing a below knee cast, it is important that you do not allow the joints that are not in the cast to become stiff. Exercise is important to prevent this. Unless you are advised otherwise, this exercise should be gentle and not to a degree to cause you pain.

These exercises should be done at least six times every morning, noon and evening to prevent stiffness:

1. Bend your toes and straighten them
2. Move your leg out to the side and back, to keep your hip mobile, with some support
3. Bend and straighten your knee
4. Press you knee into a pillow and feel your thigh muscle tighten
5. 20 Calf Clenches 3 times per day

Do not allow your leg to hang down for any length of time when not mobilizing as it may become swollen and painful. Elevate to heart level when you are sitting.

