

# Patiëntenvoorlichting

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## Rules for plaster casts

### Plaster room

#### Plaster cast

You have been given a plaster cast to help your arm or leg recover. In this leaflet you will find out rules for a good recovery.

#### Rules

To recover properly it is important to follow the following rules.

##### Arm:

- Wear your arm in a sling/triangular bandage or place the arm on a pad on your lap to prevent or reduce swelling.  
Your hand must be higher than your elbow otherwise it may lead to swelling in your fingers.
- It is important for good blood circulation to move your fingers regularly by making a fist and then completely opening your hand. This may be painful at first but you must do it regularly.

##### Leg:

- Put your leg on one or several cushions. It is important that your ankle is higher than your knee and that your knee is higher than your hip.
- Raising your leg reduces the pain and swelling. It is important to move your toes regularly for good blood circulation.

##### *Important to know:*

- It takes 48 hours for a plaster cast to harden properly.
- A plastic cast is hard after 30 minutes.
- Do not allow a plaster or plastic cast to get wet. If it does get wet, you can try to dry it out with a hair-dryer. You can also buy shower covers.
- Do not wear rings or bracelets, these can cause problems with swelling.

## **What complaints should you warn the hospital about?**

Get in touch with the plaster room if you have any of the following complaints:

- fingers or toes swell up
- fingers or toes turn blue
- fingers or toes are painful or tingle
- if you have a plaster cast on your leg, pain in your calf
- if the plaster breaks
- if the plaster is too loose

If the plaster is too tight it can result in any of the complaints listed above.

## **Queries**

You can get in touch with the plaster room if you have any questions or difficulties. You can do this on work days from 8:30 until 12:30 and 13:30 until 16:00:

- location Alkmaar: 072 - 548 2456
- location Den Helder: 0223 - 696 409

In the evening, at night and at the weekend you can get in touch with the accidents and emergency department (spoedeisende hulp - SEH):

- location Alkmaar: 072 - 548 2480
- location Den Helder: 0223 - 69 6969