

Rules for plaster casts

Plaster room

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