

## Advice on Plaster Casts/Back Slabs

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### Do

- ✔ **Do** keep moving the parts of the limb you can see (i.e. not in cast).
- ✔ **Do** keep the rest of the limb mobile.
- ✔ **Do** elevate the affected limb as directed.
- ✔ **Do** use the sling (or crutches) as advised.
- ✔ **Do** rest with your limb raised on a pillow or other soft surface for the first 72 hours and after this if the plaster feels snug. This will help reduce swelling. The higher the better.
- ✔ **Do** take regular pain relief as prescribed.
- ✔ **Do** contact your GP (or Mr Grieve) if you require further pain killers or a repeat prescription.

### Don't

- ⊗ **Do not** wear jewellery on the affected limb.
- ⊗ **Do not** wet the cast – it may cause infection if there is a wound under the cast.
- ⊗ **Do not** put any objects inside the cast (even if it is itchy) as this may cause a wound under the cast.
- ⊗ **Do not** interfere with the cast in any way.
- ⊗ **Do not** remove the cast yourself – you could cause an injury.

## Contact Mr. Grieve or an Emergency Department if:

- Your plaster feels too tight and there is a lot of swelling, pain, tingling or numbness of your fingers or toes.
- You notice any unpleasant discharge or smell coming from the cast, or any areas of broken skin that has been caused by the cast rubbing your skin.
- You are suddenly unable to move fingers or toes.

## Contact Mr. Grieve if:

- Your plaster becomes cracked, wet or damaged in any way.
- Your plaster feels too loose.

If you have also had an operation please refer to Mr. Grieve's post-op care instructions.