Patient Information: PoP
Cork Emergency Medicine
http://EMed.ie

Contact the referring service [Emergency Dept. (ED) or Local Injuries (LIU) unit] immediately if you experience any of the following:

- The toes or fingers become **blue or swollen** or you are unable to move the limb
- Increasing **pain**
- “**pins and needles**” or numbness
- Any **blister like pain**
- Discharge or wetness under the cast or an **offensive smell**
- If you drop any **object** under the cast

Caring for your cast – Do’s and Don’ts

- **Do** allow the cast to **dry naturally**. This may take an hour.
- **Do** keep the joints that are not in plaster moving – especially the fingers and toes.
- **Do** elevate your limb (keep raised), especially for the first few days.

- **Don’t** get the plaster wet (a cast protector may be purchased from any large pharmacy)
- **Don’t** walk on a leg plaster until you have been told otherwise
- **Don’t** put anything under the plaster to **scratch** your skin
- **Don’t** sit close to the **fire or any other flames source**

If the cast becomes **cracked, soft or loose** please contact the service (ED / LIU / plaster room) that applied the cast.

Note: If your limb becomes increasingly painful please contact the service (Emergency Department or Local Injuries Unit/ Plaster room) that applied the cast to discuss your ongoing management.