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.