



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 flams 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

If you are concerned, please contact the Emergency Department you first attended:	Mercy University Hospital (021) 4271971	M-UCC at SMHC (St. Mary's Health Campus) (021) 4926900	CUH (021) 4920200	Local Injury Unit Mallow General Hospital (022) 58506	Bantry General Hospital (027) 52900

