

Please consult your doctor, if any of the following happens on the injured limb

- Allergic reaction over skin, e.g. redness or itching.
- Severe or persistent pain.
- Persistent numbness, increased swelling or tingling sensation.
- Coldness, whitish or bluish discoloration of the fingers or toes.
- Discharge or foul smell from the cast.
- Any softened, cracked or broken cast.
- The cast is unfit, too loose, too tight, or pressure persists, it may impair limb circulation and damage the skin.
- Any object fallen into cast.



Care after cast removal

- 1 The skin may become dry and scaly. Clean skin with soap and water and apply moisturizing lotion to soften the skin.
- 2 If the limb is immobilized for too long and lacking exercise, it may cause muscle wasting and / or joint stiffness. With regular exercises, the condition will be improved.



Should there be any doubt,
please consult the healthcare
professionals.

Get Well Soon!

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Department of Orthopaedics
& Traumatology

Care
of
Cast

Function of a POP cast / Synthetic cast

Protect and immobilize the injured limb ; promote healing and minimize pain suffering caused by movement.

General Precautions

- 1 Stay in a well-ventilated environment to promote cast drying, keep the cast away from heat.
- 2 A plaster cast will take one to two days for thorough drying. A synthetic cast may take around 20 minutes for completely dry.
- 3 **DO NOT** walk or bear weight on the cast when it is not completely dry.
- 4 Elevate the injured limb at heart level to help reduce swelling. Upper limb can be elevated by arm sling or pillow. Lower limb can be supported with pillow.

Arm sling



Supported with pillow



- 5 Please move your fingers or toes frequently to prevent swelling and joint stiffness.



- 6 Use walking aids for ambulatory as directed by doctor and physical therapist. If there is no additional sandal for cast, **DO NOT** walk on the ground with cast.

- 7 Keep the cast dry and prevent it from getting wet. When taking a shower, cover the cast limb with a plastic bag and secure it with waterproof tape.

- 8 Take food rich in Calcium and Vitamin C & D to help in bone healing. A balanced diet including milk products, fish, fruits, vegetables, can promote healing.



Precautions



- 9 **DO NOT** bump or knocking with your cast.

- 10 **DO NOT** put anything inside the cast.



- 11 **DO NOT** adjust or remove the cast on your own.



Possible complications

- 1 Burn injury of skin



- 2 Pressure injury may be caused by pressure on bony area



- 3 Injured limb fixation for a long time, muscle atrophy and Joint stiffness may happened



- 4 Compartment syndrome: compartment pressure increase and affect the blood circulation

- 5 Neurological injuries

★ In case of any abnormal condition or persistent intolerable pain, please seek for treatment immediately.