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

- e 🚎
- Allergic reaction over skin, e.g. redness or itching.
 - Severe or persistent pain.
 - Persistent numbness, increased swelling or tingling sensation.
 - Coldness, whitish or bluish dislocation 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 immobieized for too long and lacking exercise, it may cause muscle wasting and / or joint stiffness. With regular exercises, the condition will be improved.





Get Well Soon!

Supported by

Patient Empowerment Programme, New Territories West Cluster

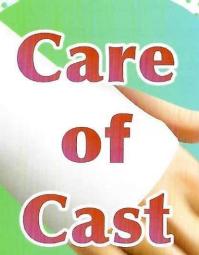
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Date of Printing: Nov. 2020



New Territories West Cluster

Department of Orthopaedics & Traumatology



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.



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



- Use walking aids for ambulatony 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 =

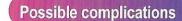


- 9 **DO NOT**bumping or
 knocking with
 your cast.
- 10 **DO NOT** put anything inside the cast.



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





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.