

If you require further advice or are not sure then please contact your GP or phone 111.



**Mersey and West Lancashire  
Teaching Hospitals**  
NHS Trust

## Looking after your Plaster Cast

**If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## How to Care for your Plaster cast

- Keep your arm or leg raised on a soft surface, such as a pillow for as long as possible in first few days. This will help any swelling go down.
- Do not get your plaster wet as this will weaken it and your bone will no longer be properly supported.
- When you shower or have a bath, use a plastic bag to cover up the cast. You can try an elastic band to seal the bag at the top and bottom to make it as watertight as possible.
- Alternatively you can buy special covers for your plaster (ask your pharmacist).
- If you do cover with a plastic bag make sure to remove it as soon as possible to avoid causing sweating within the plastic which in turn can damage the plaster.
- Even if your plaster makes your skin feel itchy do not poke anything underneath it as this could cause a nasty sore/skin damage. The itchiness should settle over a few days.
- Do not remove any padding as this is protecting your skin from the plaster.

## Plaster Cast Tips

- Make sure to exercise all joints that are not covered by the plaster to help reduce stiffness and risk of blood clots.
- Do not lift anything heavy with an arm in plaster.
- Do not drive until the cast has been removed.
- Use the crutches / Zimmer-frame or sling as advised.
- Use painkillers if you experience pain.
- You can usually return to work with a plaster on but avoid strenuous activities that may damage the plaster.

## Seek Help If:

You should go to your local Walk-in Centre of Emergency Department if:

- There is increasing pain or coldness of the skin.
- Persistent or increasing swelling of fingers or toes, especially if the colour changes.
- Tingling or numbness to tips of fingers/ toes.
- Inability to move fingers or toes.
- If there is staining through the cast.
- If the cast becomes loose.

Most patients discharged from the Emergency Department with a plaster cast on will be followed-up in Virtual Fracture Clinic (VFC). You will be contacted within 5 working days.

If you have any concerns before this please contact VFC on:

0151 290 4905

Monday-Friday, 9am-5pm and leave a message.