

Townsville Lower Limb Clinic

INSTRUCTIONS FOR PATIENTS IN A CAST

- Return to hospital immediately if:
 - Your fingers/toes become pale, dusky, badly swollen or numb despite elevating the limb above the level of your heart for 1 hour
 - You get increasing pain, tingles, or pins and needles in the cast limb, despite elevation of the limb as above.
 - You are unable to move your fingers/toes.
- Plaster of Paris takes about 48 hours to dry completely; do not bear weight on the plaster during this time. Fibreglass casts will only take 30 minutes to set.
- Elevate the arm or leg on a soft surface, eg a pillow, for the first day.
- If the leg is in a cast, the foot should be higher than your heart when sitting or lying.
- Do not use a hair dryer or direct heat to dry the cast, as this causes the cast to crack.
- Keep the cast dry.
- Never put anything down your cast.
- Ring Dr. Hazratwala's rooms (0747 27 4111) if the cast becomes cracked, loose or soft.
- Exercise the parts of the limb, which are not included in the cast, as instructed by Dr. Hazratwala. During the day the exercises should be done a number of times every hour.
- Do not use plastic bags on your cast. It makes the cast wet. Simply wrap a towel around and keep out of water.

If you are concerned, please contact Dr. Hazratwala's Practice Nurse – Narissa (0747 274111), your local GP or the Townsville Hospital emergency department out of hours (0747 962900)

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