

## Serial Casting Advice

### Plaster Cast Advice

Please contact Aftercare (Monday - Friday) or the Emergency Department (if out of hours) for advice if you have any worries about your plaster, particularly if:

- You have pain in your leg (not relieved by rest)
- The plaster becomes uncomfortable, too tight or cracks so that walking becomes difficult
- You get a blister-like sensation or pins and needles under the cast
- You drop anything down the cast accidentally (a pressure sore may develop)

Please allow the plaster to dry naturally. Plaster of Paris takes 48 hours. Synthetic casts take one hour to fully dry but can be walked on after 10 minutes.

- DO NOT get the cast wet
- DO NOT scratch under your cast with anything as a sore may develop
- DO NOT try to dry the cast near a fire or radiator

If you are a relative or carer for the patient, by accepting this advice leaflet it is your responsibility to communicate the advice provided with anyone else looking after the patient.

- **Aftercare 01392 403509**  
(Monday - Friday, 8.30 - 4.30)
- **Emergency Department 01392 402309** (24 hour)

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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