

Contact Numbers:

If you or any member of your family have any questions or concerns, please do not hesitate to contact us at the times shown below.


Yeovil District Hospital

 01935 475122

Plaster Room Staff

Are available from 9.00am - 5.00pm


Monday - Friday

 01935 384226

Orthopaedic Outpatient's Reception

from 9.00am - 5.00pm

Monday - Friday

 01935 384319

After Your Plaster

Orthopaedic Outpatient Department

WHEN YOUR PLASTER IS REMOVED YOU MAY FIND.....

- **you feel slightly faint**

this is common and will soon pass after a few minutes rest

- **your joints may be stiff and painful**

gentle exercise is necessary to reduce the stiffness and increase strength. It may be uncomfortable at first but will ease.

- **your skin may be dry and/or flaky and have a stale odour**

after washing, gently dry and then apply an oily moisturising cream. Your skin will soon return to normal. Avoid scratching or picking at your skin as this can make it sore.

- **your limb may look thinner and hairier than usual**

- **your limb may feel strange, weak and light, as if it doesn't belong to you**

If you are given an elastic support (Tubigrip) to wear after your plaster has been removed, it is very important that this is removed at night.

Swelling of your limb may continue for several weeks after the plaster has been removed.

If you have any further questions or queries about returning to sport and leisure activities, please ask a member of staff.