

Contact numbers:

If you or any member of your family have any questions or worries, 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 - 4:00pm

Monday - Friday

 01935 384226

Orthopaedic Outpatient's Reception

from 9:00am - 4:00pm

Monday - Friday

 01935 384319

A&E

 01935 384355

Instructions following application of a cast to your leg

Orthopaedic Outpatients

PRECAUTIONS

If your cast is uncomfortable, **do not:**

- cut it yourself
- tuck bits of cotton wool under the cast
- attempt to scratch under the cast

Do not let it get wet!

COMMON SYMPTOMS

After a cast is applied to your leg, you may experience the following symptoms:

- pain in the toes
- pins and needles in the toes
- numbness of the toes
- colour changes - the toes may go white or blue
- marked swelling

If any of these develop, sit down with your leg elevated on pillows and try to move your toes as much as possible. If the symptoms persist, contact the Plaster Room for further advice.

When sitting, keep your leg elevated as high as possible. This will help reduce the swelling that will be very noticeable around the toes if you allow your foot to hang.

Contact the hospital within 24 hours if your cast becomes soft, cracked or loose. Not only may this slow the healing of the injury but it may produce sores under the cast.

Your injury may necessitate the use of crutches for several weeks. You will be advised not to walk on your cast until the medical staff have agreed it is safe. Ignoring this advice may cause further injury and delay your healing. You will be advised when it is safe to weightbear. Until then, you should use crutches or a similar aid.

If your injury is one which allows you to walk in the cast, you will have been provided with a cast shoe.

Exercises

Exercise the toes as much as the cast permits. When the pain of the injury settles down, practice contracting the muscles of the legs inside the cast. This will help you when the cast is finally removed.

If you have any concerns about your cast, please contact the Plaster Room or A&E out of hours.