Care of temporary casts

Your temporary cast may be made of plaster or fibre glass, care is the same for both. You will need to carry out the following instructions at home.

Elevation

Elevate the limb wherever possible

- Aim for above the level of the heart
- If the cast is on the upper limb, use the sling as instructed
- If the cast is on a lower limb, use crutches as instructed
- When resting or sleeping keep the limb elevated on a pillow
- Do not leave the limb hanging while resting.

Care of cast

While the cast is drying (up to 2 days)

- Keep it away from heat such as radiators, hot water bottles or electric blankets
- Avoid putting any pressure on the cast.

Exercise

- Exercise the fingers/toes and any other joints of the limb that aren't covered by the plaster by bending and stretching or wiggling them.

Things to avoid

- Do not wet the plaster. When having a shower, cover the plaster with a plastic bag sealed at the top.
- Do not scratch under the cast with a sharp object.
- Do not cut the cast.

When to seek help

Report immediately to your doctor if the cast becomes loose, damaged or if any of the following symptoms occur and are not relieved by elevating the limb

- severe or increasing pain
- increasing swelling
- inability to move the fingers or toes
- numbness or loss of feeling
- pins and needles (tingling)
- skin colour changes to blue or white.