



# **Care of Plaster Cast**

**A plaster cast is applied to injured limbs to keep them from moving.**

**Follow these simple rules to care for your plaster cast.**

**Do not:**

- get it wet
- walk on it unless told to by your doctor
- try to remove it or alter it
- put anything down the cast including powder, knitting needles, rulers especially if it becomes itchy.

**Do:**

- elevate limb when resting
- exercises as shown.

## **Showering**

**Special waterproof bags can be purchased from local chemists to cover your plaster.**

**Alternatively plastic garbage bags can be used with tape to seal the edges for showering**

## **Problems**

**Elevate the affected limb for 1 hour if you experience any of the following symptoms:**

- swelling
- pins and needles
- numbness
- changes in sensation
- increased pain.

**If there is no improvement, contact a health professional.**

**If you get your cast wet, or have an excessive smell from the cast, please contact your GP**