

Instructions

You have received a plaster or plastic cast. A plaster cast takes 48 hours to reach its maximum strength. During this period, it is essential to handle the cast with care. Do not place your arm or leg on hard edges; use a cushion in between. A plastic cast reaches its maximum strength after just half an hour.

General instructions

- Plaster and plastic casts must not get wet, as the underlying layer does not dry. This can lead to skin irritations and complications. Do not shower or swim with the cast. There are shower covers available to protect the cast from water. You can purchase these shower covers at the pharmacy or drugstore.
- Wearing rings on your fingers with a cast on your arm is not recommended. Swelling can occur after a fracture. We monitor your circulation through the color of your nails, so please avoid using nail polish. After 3 to 4 days, fingers may discolor due to bruising settling.
- If you experience itching under the cast, do not scratch with pens or knitting needles, as you could damage the skin, leading to a wound that may become infected. A tip for itching: use a hairdryer on the coldest setting to blow air under the cast.
- For an arm cast, keep your hand elevated using a sling for a maximum of 2 days. The hand should be higher than the elbow during the day, and at night, place the arm on a pillow to keep it raised. After 2 days, you can elevate the hand by resting the elbow on a table.
- For a leg cast, keep the foot elevated. It is important that the foot is higher than the knee and the knee is higher than the hip. When in bed, you can place one or two pillows under the foot of the mattress to prevent pillow displacement during sleep.

Driving and travelling with a cast

Please note that you are not allowed to drive with a cast, as you are not insured in this case. You can only drive with written confirmation from your insurance company.

Further information can be found in the following legal articles:

- Road Traffic Act: Article 130
- Regulations on Measures of Fitness and Competence for Driving: Article 5
- Regulations on Measures of Fitness and Competence for Driving: Appendix 1

If you plan to fly with a cast, contact your airline. Keep in mind that some airlines do not allow passengers with casts.

Exercises

While wearing the plaster or plastic cast, it is important to do exercises to prevent your arms/legs from becoming stiff. Always consult your doctor and/or cast technician for guidance.

Arm exercises

- Move your shoulders and elbows (if possible)
- Extend your fingers
- Make a fist
- Tighten your arm muscles

Leg exercises

- Move your hip, knee, and toes
- Tighten your leg muscles by lifting the leg.

Contact details

If you encounter problems or should you have questions, please contact the cast room. They are available by phone from Monday to Friday between 8:30 AM and 4:00 PM at 075 650 26 85. Outside office hours, contact the Emergency Department via the hospital's general number at 075 650 29 11.