Casting advice leaflet

It is important to be aware of all the advice in this leaflet and take appropriate action PROMPTLY if you have problems.

Taking care of your cast is vital to help your foot to heal properly.
Do NOT poke anything down your cast or use anything to scratch under the cast.

Frequently asked questions

Why have I been put in a cast?

It is the gold standard of treatment for supporting your foot during healing.

Can I drive with my cast on?

NO. You will not be able to drive a manual car whilst you have the cast on. In certain circumstances you can drive an automatic car, but you will need to check with your car insurance company.

Can I get my cast wet?

NO. You should never allow your cast to become wet as this will weaken the cast and could cause it to collapse. Structurally damaged casts are likely to cause foot wounds which potentially can become infected.

Can I exercise the affected limb?

YES. Gentle exercise is important to prevent stiffness, reduce muscle wastage and improve blood flow. Every couple of hours you should perform exercises such as wiggling the toes, bending and straightening the knee, clenching and relaxing the muscles in the back of your calf and thigh areas.

Can I fly whilst in cast?

NO. We do not recommend travelling abroad when you have a foot problem. You should speak directly with your airline for advice if you are planning to fly. Remember to inform your travel insurance company about your foot problem before you travel.

Are there any possible complications of being in a cast?

YES. Being in a cast can increase the risk of developing a clot in the calf known as Deep Vein Thrombosis. Very rarely these clots can detach and become lodged in the lungs. If you experience symptoms of calf pain, chest pain or shortness of breath please contact 999 or go directly to A&E.

What should I do if my cast becomes too tight?

Firstly, raise your leg and position it higher than your hip if possible and perform the gentle exercises. If the swelling does not subside or you are concerned, then contact your clinic (or A&E if outside normal working hours) as the cast may need to be removed.

Remember

If your cast is hurting or rubbing you, it needs urgent attention. You need to contact us immediately on the number(s) below if:

- Your cast is uncomfortable or is rubbing your skin (either foot)
- You feel any increase in pain or discomfort in your foot or leg
- Any of your toes become discoloured
- Your cast breaks, becomes loose, wet, soft or starts to smell badly
- There are any signs of leaking or blood coming through your cast
- There is anything about your cast that is worrying you
- You feel unwell, tired, hot, shivery with flu-like symptoms as this might mean that you have developed an infection in the whole of your body in this case you should contact 999 or go directly to A&E

Solihull Community Podiatry

General enquiries

0121 717 4330
9:30–14:00, Monday – Friday (NOT bank holidays)

Urgent enquires for wounds and infection

07345445529
9:00–12:00, Monday to Friday (NOT bank holidays) or, 0121 717 4332 and leave a message

Photos can be sent to:

solihullcommunitypodiatry@uhb.nhs.uk

If out of hours, please contact 111/999 for urgent foot ulcer or infections

Accessibility

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