



**University Hospitals Birmingham**  
NHS Foundation Trust



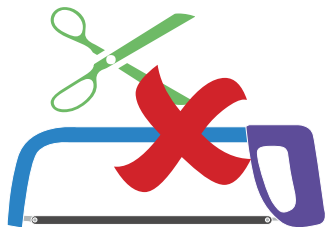
# **Plaster Room**

## Cast-Care Information

**Building healthier lives**

**UHB is a no smoking Trust**

**Do not** trim or alter your cast



**Do not** get your cast wet



**Do** exercise joints that are not included in the cast



**This helps to reduce swelling and may prevent a blood clot forming.**

Do not rest your cast on a hard surface.

To prevent swelling, elevate the limb

- **Hand higher than elbow**
- **Foot higher than hips**

Whenever you are sitting



**Do not** poke  
anything down your  
cast (even if it itches)



**Do not** do any active  
indoor or outdoor  
games or sports



**Do not** drive, as  
you are a hazard to  
yourself and others  
and are not covered  
by your insurance



**If any of the following problems occur, you should contact the hospital without delay on 0121 424 3326**

- If the limb becomes increasingly more painful
- Experience severe pain in the calf
- Toes or fingers turn blue or white
- Swelling
- Pins and needles
- Cast too tight
- If you have a wound and notice a smell from under the cast

**Ring the Plaster Room for appointment, if:**

- Cast slipped
- Cast too loose
- Cast is rubbing
- Cast soft/broken

Any problems with your cast please ring **0121 424 1265**

**Between the hours**

Monday–Thursday 09:00–16:00

Friday 09:00–12:00

Out of hours ring A&E on **0121 424 3326**

**Answer phone messages** – calls will be returned.

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email **[patientexperience@uhb.nhs.uk](mailto:patientexperience@uhb.nhs.uk)**.

---

**Trauma and Orthopaedics**

Queen Elizabeth Hospital Birmingham

Mindelsohn Way, Edgbaston, Birmingham, B15 2GW

Telephone: 0121 371 2000