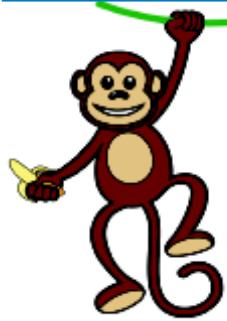


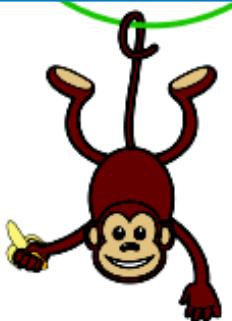


## How to look after your cast



### Do's

- Keep your cast clean and dry, if it gets wet it could start to fall apart and could make your skin sore.
- Keep gently wiggling your fingers and toes on your hands and feet, shrug your shoulders and bend your knees and elbows.



- Keep your arm or leg rested on a stool or the sofa and put a pillow under your arm or leg when you are in bed, this can help it hurt less.



- You can draw on your cast using felt tip pens and stencils, silver markers work well on darker colour casts

- Let your parent or carer know if:
  - You start to have pins and needles in your finger and toes
  - Your cast is broken or feels too tight
  - It is hard to move your fingers or toes
  - Your fingers or toes start to look blue or white
  - If you drop anything down your cast



## Don't

- Put anything down your cast because this can make your skin sore, you can use a hair dryer with cool air to help with any itching
- Wear nail polish on your fingers or toes

If you would like to find out more about broken bones and plaster casts follow the QR code



You will be asked to come back to the hospital to have your cast taken off.  
Your cast will be taken off in 5 steps

### Arm cast



### Leg cast



Follow the QR code to watch the video about how plaster casts are taken off

**If you have any comments about this leaflet or the service you have received you can contact :**

Orthopaedic Plaster Room  
Huddersfield Royal Infirmary  
Monday - Friday 9am - 5pm  
Tel: 01484 342563

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce,  
obratte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych  
informacji w innym formacie lub wersji językowej,  
prosimy skontaktować się z nami, korzystając z ww.  
danych kontaktowych

ਕਿਸੀ ਇੱਕ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਕ੍ਰਿਤ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਲਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں سے رابطہ کریں۔

**"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"**