



**Epworth Freemasons**

## **Information and advice for plaster/splint care**

For the next 3 – 7 days, keep limb elevated.

UPPER LIMB: in sling or pillow in bed

LOWER LIMB: on chair or pillow in bed

Plaster takes time to set, so do not put weight on it or rest it on hard surfaces until at least 3 days.

Notify your doctor or return immediately to Emergency, if your cast is too tight, as shown in fingers or toes by:

- Swelling
- Blueness (not bruising)
- Severe pain not eased by elevation or paracetamol
- Inability to move fingers or toes
- Numbness or loss of sensation

Keep plaster dry; a wet soggy or cracked plaster will not keep broken bones in position, return for replaster as soon as possible.

Regularly exercise affected limb gently to maintain muscle tone and prevent blood clots.

An appointment may have been arranged for you to see your doctor, please check prior to discharge home.

If you have any problems or concerns related to your procedure please contact your doctor.

Epworth Richmond has an Emergency Department you may attend if necessary, or contact on +613 9426 6303.