

Contact numbers:

If you or any member of your family have any questions or worries please do not hesitate to contact us at the times shown below.

Yeovil District Hospital

 01935 475122

Plaster Room Staff

Are available from 9:00am - 4:00pm

Monday - Friday

 01935 384226

Orthopaedic Outpatient's Reception

from 9:00am - 4:00pm

Monday - Friday

 01935 384319

A&E

 01935 384355

Instructions following application of a cast to your arm

Orthopaedic Outpatients

The cast that has been applied will splint your fracture until the bone has healed. You need, therefore, have no worries about the bones moving if you use your arm.

The cast is there to protect and support the fracture while it heals. Don't be afraid to use the arm for things like writing, typing and eating. Try to use it for your ordinary work if you can.

PRECAUTIONS

If your cast is uncomfortable, **do not:**

- Cut it yourself
- Tuck bits of cotton wool or any material under the cast
- Attempt to scratch under the cast

Do not let it get wet!

Do not let your arm hang down as this will cause your hand to swell. If you are provided with a sling, use as instructed.

If you have any concerns about your cast, please contact the Plaster Room or A&E out of hours.

Swelling of the hand and fingers may occur after a cast has been applied. In order to reduce the swelling, elevate the arm keeping the hand at the highest point as much as possible. This can be done by either supporting the limb in a high sling position across your chest with the injured hand/arm as high as possible, or by resting your elbow on the arm of the chair with the hand straight up in the air. During both positions it is important to exercise the fingers and thumb as mentioned on the next page.

As well as swelling you may also experience pain and altered sensation (pins & needles) to the fingers. Fingers may also become discoloured. These symptoms can usually be relieved in the same way, with elevation and exercise. Full movement of the fingers within the limits of the cast is always good and can help relieve symptoms.

However, if symptoms persist contact the Plaster Room for advice.

Unless the actual fingers/thumb are fractured and immobilised, always try and use them within your daily routine.

Make use of all the joints not actually immobilised by the cast. This applies particularly to the fingers and the shoulder. The following exercises should be practised, as near as possible, for 5 minutes every hour through the day.

Finger Exercises

- Stretch out the fingers and spread open widely
- Bend the fingers and touch the palm of your hand
- Rotate the thumb in a circular motion and/or bend and straighten the tip

Elbow Exercises

- Bend and straighten if your cast allows

Shoulder Exercises

- Stretch the arm above your head
- Touch the back of your head