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Taking Care of Your Cast



General

To help your injury heal in the fastest time possible, we have immobilised the injured part of your body with a Plaster-of-Paris (POP) or fiberglass cast. While there may be some initial discomfort, do take heart as you will get used to it and it will be taken off soon.

Feeling tight?

The plaster may feel slightly tight for some time after application.

What are some dos and dont's?

Do's

- Keep the injured hand or wrist above the elbow while lying down.
- Keep the injured foot or knee higher than the hip while lying down.
- Elevate the injured part as long as there is swelling.
- Constantly move the joints not covered by the plaster.
- Keep your cast dry at all times, especially while bathing. When bathing, you may use a plastic sheet to keep your cast dry.

Don'ts

- Do not scratch any itch under the cast as doing so will displace the padding and create a constriction band, which affects blood flow to the injured area.
- Remove the padding under the cast as it serves to provide comfort, protect bony prominences, and prevent friction.

When should I seek medical help?

Consult a doctor at the **Alexandra Hospital Urgent Care Centre (UCC)** if you experience any of the following symptoms:

- If the plaster cast cracks or becomes loose or uncomfortable
- If there is increasing pain or discharge
- If your fingers or toes become swollen, numb or difficult to move
- If there is discolouration of fingers or toes

Notes: