

Cast treatment instructions

Follow your exercise instructions carefully.

- Keep your fingers and toes warm and moving.
- Bruising below and above your plaster cast is common and harmless.
- Pain often occurs on the spot of the fracture during the first days, but it can be relieved by keeping the limb in an elevated position and by taking painkillers as instructed.

Remember to exercise the limb for the entire duration of cast treatment!

- Exercise the casted limb; move the free fingers and toes diligently (at least 100 times a day) to stimulate blood circulation and to reduce swelling.
- It is important to move the joints outside the cast to prevent them from getting stiff.
- Tense and release the muscles inside the cast, so that they do not lose their strength.
- Use the casted limb in your everyday chores as much as possible.

Bathing, swimming, and sauna.

- Do not water the cast, because it softens as it gets wet.
- Do not go to sauna during cast treatment.
- Cover the cast carefully with plastic when you shower.

Take good care of your cast!

- Do not shorten or reshape the cast yourself.
- Do not remove the cast without a doctor's consent, not even for a short period of time.
- Do not stick anything inside the cast, because it might break the skin and cause an inflammation.
- Do not put weight on the casted limb without a doctor's consent.

If you experience problems (the cast is broken or feels too loose, if you feel extremely severe itching, or if pain and swelling continues despite an elevated position, if the cast begins to strain or smell) contact:

Day Surgery Unit on working days 07.00–15.00 telephone 06 213 1552
Your health Centre or occupational health Centre

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.