

Cast Care



Urgent Care Department

Casts are made up of a bandage and a hard covering (usually plaster of Paris). Casts allow broken bones to heal by holding them in place, and usually need to stay on for 4 and 12 weeks.

1. Once your cast has been applied you will be given an appointment to attend the orthopaedic specialist clinic. Make sure you confirm this appointment at the reception desk.
2. Remember to collect any prescribed medications from the Pharmacy and take as directed.
3. The cast/back slab is important; it was applied to help healing and reduce pain.
4. The cast/back slab might need up to 24 hours to dry completely.
5. In the case of upper limb cast, you may need to use an arm sling to elevate the affected part, this will help reduce swelling, reduce pain, and prevent complications.
6. Do not put heavy weight on the cast/back slab and do not pull out the padding cotton from your cast.
7. Do not poke or stick anything sharp (sticks, ruler etc.) into the cast to relieve itching as this can cause injury.
8. Do not put any lotions or powders under the cast as this may cause a skin irritation.
9. Keep the cast/back slab completely dry all the time.



10. Never attempt to remove the cast/back slab yourself.



Go immediately to the hospital in case any of the following happens:

- ✓ Severe pain that is getting worse and does not go away after taking the prescribed pain medications
- ✓ Tingling sensation, numbness or weakness in the affected part and difficulty in moving affected body part
- ✓ Discoloration of the fingers or nails
- ✓ If the cast/back slab is broken, damaged, or becomes very loose or wet
- ✓ Discoloration of the cast/back slab with bad smell
- ✓ The cast/back slab becomes too tight or painful despite limb elevation and medication usage



If you note a considerable swelling or visible muscle bulging to skin area adjacent to cast, then seek immediate care.

Return to Urgent Care Department or visit your orthopaedic specialist if you have any questions or concerns regarding cast care.

Contact us:



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