

PALS

Patient Advice and Liaison Service

We act on your behalf when handling patient and family concerns, liaising with staff, managers and where appropriate, relevant organisations to negotiate immediate or prompt solutions. We can also help you get support from other local or national agencies.

Royal Shrewsbury Hospital, Tel: 0800 783 0057 or 01743 261691

Princess Royal Hospital, Tel: 01952 282888

Other Sources of Information

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

Telephone: 111 (free from a landline or mobile)

Website: www.nhs.uk

Patient UK

Provides leaflets on health and disease translated into 11 other languages as well as links to national support/self help groups and a directory of UK health websites.

Website: www.patient.info

Self Help & Support Groups

A selection of websites providing access to good quality patient and consumer health information, covering specific age groups and conditions. Also includes Shropshire Community Directory which contains up-to-date information on community groups, clubs, societies, organisations, support groups and self-help groups covering Shropshire and its borders.

Website: www.library.sath.nhs.uk/find/patients/

Please Note

Driving

It is advised you contact the police and your insurance company before driving a motor vehicle. It can be dangerous to drive in a cast for yourself and others and you may not be insured.

Smoking

Smoking can slow the healing process and prolong your recovery. You are advised to reduce the amount you smoke or stop. If you require help with quitting please contact:

www.nhs.uk (quit smoking)

Smokefree National Helpline on 0300 123 1044

Could all walking aids that are borrowed, please be returned when finished with. These could potentially be reused or recycled.

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Telford Hospital
NHS Trust

Information Leaflet

Arm In Cast

**The Plaster Room
The Shrewsbury & Telford Hospital
NHS Trust**

Shrewsbury & Telford Hospital
Mytton Oak Road
Shrewsbury
SY3 8XQ

Telephone 01743 261000 ex. 3694
Opening Hours 09.00-17.00 Monday-Thursday
09.00-15.00 Friday

Princess Royal Hospital
Apley Castle
Telford
TF1 6TF

Telephone 01952 641222 ex.4654
Opening Hours 08.30-1730 Monday-Friday



Introduction

Your cast has been applied to provide comfort and protection to your injured arm. Please follow the cast care instructions provided to reduce the risk of complications and improve your comfort while in cast.

Please be aware that:

Synthetic/Light weight cast can take up to 30 minutes to dry. Plaster of Paris casts can take up to 48 hours to dry.

You may wish to protect your mattress or any items that you rest your arm on during the drying time.

Do's

- **Do** raise your affected limb above your hip and towards your heart. This will help reduce swelling and ease pain/pressure within the limb when resting

Don'ts

- **Do Not** allow the cast to get wet
- **Do Not** cut or damage the cast
- **Do Not** weight bear on the cast/limb, unless you have been advised to by a medical professional.
- **Do Not** push any objects down the cast to scratch the skin beneath. This could result in skin damage and possible infection.
- **Do Not** stay in active for long periods

A sling may have been provided for your comfort, please ensure you follow the advice given for the use of the sling. The sling should be removed to ensure the elbow and shoulder can be exercised to reduce stiffness where possible. Swelling can be normal after a new injury and while in cast. Swelling that does not improve with high elevation for a long period may require advice from a health care professional. This will help to determine if the cast may be tight or if there is an undelaying problem.

Please always seek advice if you have elevated your limb for a couple of hours and the swelling and pain has not improved.

Post Operative Care

Post operative patients can expect swelling and discomfort to their arm and discomfort when moving fingers. You may have a surgical wound and sutures in the skin. Please be aware of discomfort, burning or visible discharge through the cast. This may be a sign of infection and you will need to contact a health care professional/ Emergency department for advice as soon as possible.

Casts are fitted with the expectation that you may have or get some swelling. Your cast should be well fitting and not loose or tight. As time goes on your cast will loosen and this is normal. However if your cast becomes too tight due to increased swelling or you feel your cast is very loose then please contact your referring plaster room. A loose cast can rub the skin underneath and cause pressure areas.

Please always follow the advice given to you by a health care professional.

Please follow any exercises that have been discussed by the Doctor or health care professional. Moving the fingers by clenching a fist and stretching them out will help to reduce stiffness and increase the circulation (blood flow) this will help to reduce swelling.

If you have any concerns please contact the referring plaster room, see telephone numbers overleaf

Please contact the Emergency Department if you feel unwell or need urgent help.

Emergency Department

Royal Shrewsbury hospital
Telephone 01743 261000 ex.1180

Emergency Department

Princess Royal Hospital
Telephone 01952 641222 ex. 4230



**Partnering · Ambitious
Caring · Trusted**