

## 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](http://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](http://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/](http://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. 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](http://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.**

Information produced by: Plaster Room (SATH)  
Last updated: 09/23  
Due for review: 09/26

The Shrewsbury and Telford Hospital NHS Trust  
[www.sath.nhs.uk](http://www.sath.nhs.uk)



The Shrewsbury and  
Telford Hospital  
NHS Trust

## Information Leaflet

# Self Removal Of Cast

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

Shrewsbury & Telford Hospital  
Mytton Oak Road  
Shrewsbury  
SY3 8XQ

Telephone 01743 261000 - EXT: 3694  
Opening Hours 09:00 -17:00 Monday - Friday

Princess Royal Hospital  
Apley Castle  
Telford  
TF1 6TF

Telephone 01952 641222 -EXT: 4654  
Opening Hours 08:30 -17:30 Monday - Friday



## Introduction

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

## What cast do I have applied?

You have been fitted with a Synthetic/Lightweight cast to the limb that can be safely removed at home. The cast applied may be a colour, be soft to the touch in some areas, or have a bandage applied.

Please be aware that:

Synthetic/Light-weight cast's can take up to 30 minutes to dry.

The Synthetic/Lightweight cast should remain in place and only be removed after the date specified below:

## CAST DURATION:

## DATE OF REMOVAL:

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

## How to remove the Cast?

When you were fitted with your cast, the Orthopaedic practitioner would have explained how the cast is to be removed.

This may involve:

- The unwrapping of the cast material
- The use of a round edge or safety scissor

Please ensure the cast remains in place for the required time.  
If you remove the cast early, this may affect your recovery overall.  
If you are unsure on how to remove the cast or you are unable to safely remove the cast yourself. **Please contact the Plaster Room for advice.**

## What should I expect after my cast has now been removed?

Now your cast has been removed, you may experience:

- Stiffness to the joint
- A feeling of weakness in the limb
- Dry skin from a lack of moisturiser

Your limb may require:

- A wash or soak to freshen and clean the skin
- Moisturiser for dry skin

When the limb is free from cast, it may have been advised to you to avoid contact sports for a further few weeks. **This would have been explained to you by a doctor or practitioner.**

If you have been provided a Wrist Splint or any other support, this can be applied now.

If any follow up has been arranged you will have been made aware of this at your appointment. This might have included a patient initiated follow up (PIFU) that would have been explained, provided to you at the time.

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

**Emergency Department**  
Royal Shrewsbury hospital  
Telephone 01743 261000 - EXT:1180

**Emergency Department**  
Princess Royal Hospital  
Telephone 01952 641222 - EXT: 4230

