

## Information till patienter med gips eller plastbandage

### Information to patients with orthopaedic plaster/fibreglass casts

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The setting time is 24 hours for the plaster cast and 30 minutes for the fibreglass cast.

You have received an orthopaedic plaster/fibreglass cast. There is a risk that your immobilised limb will swell and you are advised to think of the following:

If the swelling increases the first few days after you have received the cast, there is a risk that the cast will get too tight. At any sign of swelling of the immobilised limb; miscolouring (pale/blueish), if it aches, feels cold or numb, or if it is hard to move fingers or toes you must contact the orthopaedic reception immediately telephone numbers below.

To contact the A&E (accident & emergency) out of hours call 1177.

#### Advise that should be followed

1. Keep your leg “level” for example on a chair with a soft cushion. It is even better to keep the leg elevated (meaning above the level of your heart). If the leg is swollen keep the leg in the elevated position.
2. An arm or a finger in a cast should be kept elevated as much as possible. This will help to even out the “after swelling” and to keep the pressure from increasing in the cast.
3. It is important to keep mobility in the unaffected joints in close vicinity in accordance to your training programme.
4. Keep the cast from getting wet or damp. If the cast gets wet the plaster and the fibreglass lose the strength and stability to support the injured area. If the cast feels damp you can try to dry it with a hairdryer with cool air.
5. If the area under the cast itches, by no means use any implement to scratch the itch. It can cause further injury and transfer bacteria under the cast. If the lining under the cast is moved it can cause pressure wounds.
6. Always bring your crutches to appointments and when it is time to remove the cast permanently remember to bring footwear.

#### Länsklinik Ortopedi

**Sunderby hospital Orthopedic department** 0920-2839 91 Call Me

Orthopaedic casts room: 0920-283666

To contact the A&E (accident & emergency) out of hours call 1177.

**Piteå Hospital Orthopedic department** 0911-755 42

Out of hours: 0911-75000

**Gällivare Hospital Orthopedic department** 0970-194 80

Out of hours: 1177

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