

Precautions for patients treated with plaster cast

To prevent swelling you should:

Keep the injured body part elevated compared to the rest of the body.

Move joints that the cast does not cover, like toes and fingers, to increase the blood circulation.

If the extremity gets swollen /cold / numb in spite of the advice above, the cast is most likely too tight. In that case you should immediately contact a medical department.

Plaster cast does not tolerate water!

You may phone us for advice.

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