



Cork Emergency Departments

A Single Service from Multiple Sites www.EMed.ie



Patient Information: PoP



Cork Emergency Medicine

http://EMed.ie

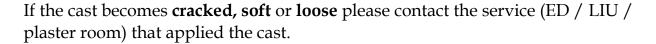
Contact the referring service [Emergency Dept. (ED) or Local Injuries (LIU) unit] immediately if you experience any of the following:

- The toes or fingers become blue or swollen or you are unable to move the limb
- Increasing pain
- "pins and needles" or numbness
- ❖ Any blister like pain
- Discharge or wetness under the cast or an offensive smell
- ❖ If you drop any **object** under the cast

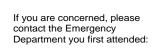


Caring for your cast - Do's and Don'ts

- ❖ **Do** allow the cast to **dry naturally**. This may take an hour.
- ❖ **Do** keep the joints that are not in plaster moving especially the fingers and toes.
- Do elevate your limb (keep raised), especially for the first few days.
- Don't get the plaster wet (a cast protector may be purchased from any large pharmacy)
- Don't walk on a leg plaster until you have been told otherwise
- Don't put anything under the plaster to scratch your skin
- **❖ Don't** sit close to the **fire or any other flams source**



Note: If your limb becomes increasingly painful please contact the service (Emergency Department or Local Injuries Unit/ Plaster room) that applied the cast to discuss your ongoing management



Mercy University Hospital (021) 4271971 M-UCC at SMHC (St. Mary's Health Campus) (021)

CUH (021) 4920200

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Local Injury Unit Mallow General Hospital (022) 58506

Bantry General Hospital (027) 52900

