



Contact numbers:


If you or any member of your family have any questions or worries, please do not hesitate to contact us at the times shown below.

The main hospital
 **01935 475122**

Plaster room staff

are available from 9:00am - 4:00pm
Monday to Thursday
Friday 9:00am - 12noon
 01935 384226

Clinic staff

are available from 9:00am to 4:00pm
Monday to Friday
 01935 384319

After Your Plaster

Orthopaedic Outpatients

WHEN YOUR PLASTER IS REMOVED YOU MAY FIND.....

- **you feel slightly faint**

this is common and will soon pass after a few minutes rest

- **your joints may be stiff and painful**

gentle exercise is necessary to reduce the stiffness and increase strength. It may be uncomfortable at first but will ease.

- **your skin may be dry and/or flaky and have a stale odour**

after washing, gently dry and then apply an oily moisturising cream. Your skin will soon return to normal. Avoid scratching or picking at your skin as this can make it sore.

- **your limb may look thinner and hairier than usual**

- **your limb may feel strange, weak and light, as if it doesn't belong to you**

If you are given an elastic support (Tubigrip) to wear after your plaster has been removed, it is very important that this is removed at night.

Swelling of your limb may continue for several weeks after the plaster has been removed.

If you have any further questions or queries about returning to sport and leisure activities, please ask a member of staff.