

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

A&E

 01935 384355

Instructions Following Application of POP to your Arm

Orthopaedic Outpatients

The plaster that has been applied will splint your fracture until the bone has healed. You need, therefore, have no worries about the bones moving if you use your arm.

Remember that the plaster will look after the fracture - YOU must look after the rest of the arm. Use it as much as possible for writing, typing, eating, even for your ordinary work, if possible.

DO NOT LET IT GET WET

If your cast is uncomfortable, **do not**:

- cut it yourself
- tuck bits of cotton wool under the plaster
- attempt to scratch under the plaster

Do not let your arm hang down as this will cause your hand to swell. If you are provided with a sling, use as instructed.

If you have any concerns about your plaster, please contact the plaster room or A&E out of hours.

Make use of all the joints not actually immobilised by the plaster. This applies particularly to the fingers and the shoulder. The following exercises should be practised, as near as possible, for 5 minutes every hour through the day.

Finger Exercises

- stretch out the fingers and spread open widely
- bend the fingers and touch the palm of your hand

Elbow Exercises

- bend and straighten if your cast allows

Shoulder Exercises

- stretch the arm above your head
- touch the back of your head
- reach up to your shoulder blades with your finger tips

Excessive swelling of the hand and fingers may indicate that the plaster is too tight - particularly if, in addition, the fingers are very painful, numb, cold or blue or if you feel marked pins and needles. If these symptoms are not improved by exercising the fingers as described above, contact the plaster room.

Many fractures will cause marked swelling of the fingers but, unless the finger itself is fractured and immobilised in POP, swelling of the fingers is an imperative indication to keep them moving - NOT TO KEEP THEM STILL.

If very swollen, you should do your finger exercises with the hand raised as high above the rest of your body as you can manage.