



Information

for patients with casts



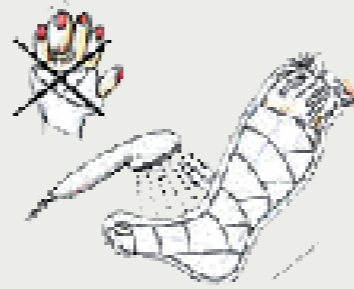
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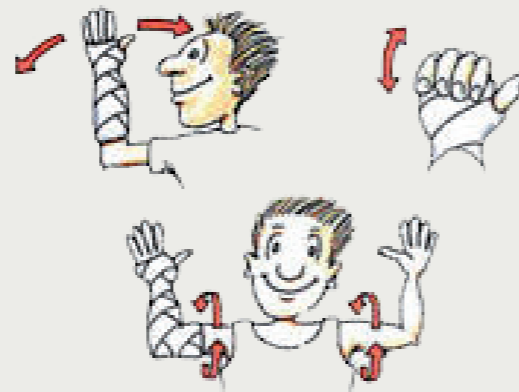
Instructions

- Do not wear any jewellery on the arm and fingers on which is the cast is located. Possible swelling may impair circulation.
- You can bathe or shower with a plastic bag or clear film (plastic food wrap/cling film) over the cast.



Importante Rules

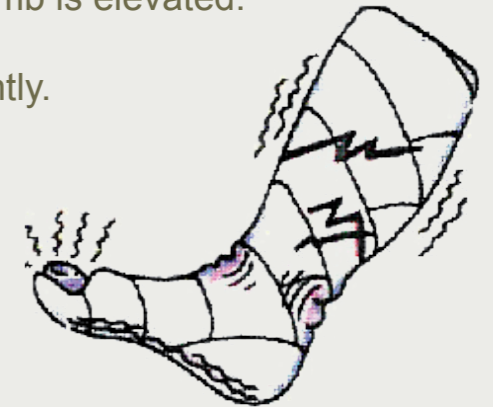
- Elevate legs or arms set in plaster.
- No objects should be shoved under the cast.
- All joints that are not set in plaster must be moved several times daily.
 - Close your fingers into a fist and open them again.
 - Bend your elbow and extend it again.
 - Raise your shoulders and circle them in both directions.
 - Move your toes again and again.
 - Bend your knees and extend them again. Bend at the hips and stretch out again.



Complications

If any of the following signs occurs, contact us immediately (even during the night)!

- If your fingers or toes become cold, turn white or blue and these signs do not go away, even when the limb is elevated.
- If your fingers or toes begin to swell significantly.
- If changes in sensation occur. (Tingling or numbness)
- If non-stop pain occurs at a point under the cast.
- If the cast is too tight or loose.



Do you have any questions about or problems with your cast?
You can call us at any time by telephone.
We would like to help you.

Telefon: 081 256 62 45

Follow-up appointment:
Your next appointment is on: _____

We wish you a full recovery!