

Care After Your Cast

Once your foot has healed you will no longer need to have a cast applied. Once your foot/leg is out of cast you will notice the skin is very dry, so avoid scratching or picking the skin. Apply a moisturiser routinely to resolve this dryness.

If you had a wound, the skin although healed will be fragile so will need protecting and monitoring. If you had bespoke footwear/insoles made, make sure you use these as they will help offload the problematic area. If any problems with your bespoke footwear/insole, please contact the orthotics department for review.

Important contact numbers

- Admin Hub – 0330 726 0077
- Hinchingsbrooke – 01480 416416
- Peterborough City Hospital - 01733 678000
- Email – cpm-tr.aps@nhs.net

For further information about this service contact:

Tel: 03307 260077

Email: cpm-tr.podiatry@nhs.net

Cambridgeshire and Peterborough NHS Trust

Tel: 01223 726789

Email: communications@cpft.nhs.uk

Website: www.cpft.nhs.uk

Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

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Casting Information and Advice



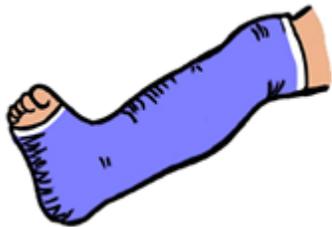
Introduction

There are many different types of casts and within the podiatry department we use either a total contact plaster cast or the TCC-EZ cast.

Looking after your cast

When in a cast, legs should be kept raised, especially for the first few days. If allowed to hang down they can become swollen and the cast may become too tight.

Rest your injured limb as much as possible for the first 48 hours.



Whilst In Your Cast

- Rest as much as possible
- Keep weight bearing to an absolute minimum. Use a wheelchair or crutches if advised
- Sit with your foot up
- Do not drive
- Do not travel by plane
- Do not try to scratch your leg inside the cast
- If your cast causes you any discomfort or pain, feels too tight or too loose seek advice immediately
- Do not try to cut your cast
- Do not apply heat to your cast
- If crutches issued please use
- Keep your cast dry. It is important that you protect your cast from getting wet. There are a number of devices available, including LimbO waterproof protectors. They cost between £13-£18. Order by phone: 01243 573 417. Online: www.limboproducts.co.uk. Purchase from Boots, Lloyds, Amazon.co.uk

Things To Look Out For

If any of the following occur please contact us on the provided numbers in this leaflet:

- The cast breaks
- The cast smells
- The cast becomes wet
- The cast becomes uncomfortable
- You suspect local wound infection
- Any signs of lower limb oedema (swelling) or the cast becomes tight
- You suspect that the cast is rubbing
- Any discharge seeps through the cast
- An unexplained spike in blood glucose level
- You have severe pain/cramping in your calf or pains in your chest. Due to reduced mobility following application of the cast, there is a small risk of a deep vein thrombosis (DVT).