

## Minor Injuries Units

### North Dorset:

#### **Blandford Community Hospital**

Milldown Road, Blandford DT11 7DD

Telephone: **01258 394032**

#### **Westminster Memorial Hospital**

Magdelene Lane, Shaftesbury SP7 8BD

Telephone: **01747 475251**

#### **Yeatman Community Hospital**

Hospital Lane, Sherborne DT9 3JU

Telephone: **01935 813991**

### South West Dorset:

#### **Bridport Community Hospital**

Hospital Lane, Bridport DT6 5DR

Telephone: **01308 426245**

#### **Lyme Regis Medical Centre**

Uplyme Road, Lyme Regis DT7 3LS

Telephone: **01297 445777**

#### **Portland Community Hospital**

Castle Road, Portland DT5 1AX

Telephone: **01305 860111**

#### **Weymouth Community Hospital**

Melcombe Avenue, Weymouth DT4 7TB

Telephone: **01305 762545**

### South and East Dorset:

#### **St. Leonard's Community Hospital**

Local Treatment Centre (out of hours)

241 Ringwood Road, Ringwood BH24 2RR

6.30 pm–10.30 pm Monday–Friday,

8 am–8 pm Sat, Sunday and bank holidays.

Telephone **111** for an appointment.

#### **Swanage Hospital**

Queens Road, Swanage BH19 2ES

Telephone: **01929 475009**

#### **Victoria Hospital**

Victoria Road, Wimborne BH21 1ER

Telephone: **01202 856410**

## Emergency Departments

#### **Dorset County Hospital**

Williams Avenue, Dorchester, DT1 2JY

Telephone: **01305 251150**

#### **Poole General Hospital**

Longfleet Road, Poole, BH15 2JB

Telephone: **01202 665511**

#### **Royal Bournemouth Hospital**

Castle Lane East, Bournemouth, BH7 7DW

Telephone: **01202 704167**

#### **Salisbury Hospital**

Odstock Road, Salisbury, SP2 8BJ

Telephone: **01722 336262**

#### **Yeovil District Hospital**

Higher Kingston, Yeovil, BA21 4AT

Telephone: **01935 475122**

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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**NHS**

**Dorset HealthCare  
University**

NHS Foundation Trust

## Minor Injuries Unit

## Advice on Plaster of Paris Casts



**Dorset HealthCare University NHS Foundation Trust**

Sentinel House

4–6 Nuffield Road

Poole, Dorset

BH17 0RB

☎ 01202 277000

🐦 @DorsetHealth

🌐 www.dorsethealthcare.nhs.uk

**Information  
for patients,  
relatives and carers**

**Excellence  
Compassion  
Expertise**

## Plaster of Paris casts

A cast is a type of splint used to immobilise a joint, enabling the bones to heal after a fracture, or following an orthopaedic operation to allow a bone to fuse following the introduction of metal work or a small joint replacement.

If you have any problems or discomfort following the application of the cast, please contact your nearest Minor Injuries Unit (listed over the page).

- It is important that the cast remains dry at all times. Avoid contact with water.
- Plaster of Paris will take two to three days to dry out. It should not be covered, even at night, until it is dry.

## Caring for children with casts

- Do not let your child push anything down the cast.
- Encourage your child to move his / her fingers or toes often.
- When your child is resting, ensure his / her arm or leg is raised, for example on a pillow.

## For arm casts

- When the cast is first applied, use the sling provided for the rest of the day. However, we advise that you do not use the sling generally as it will stop you using the other joints that are not in plaster. You may wish to use the sling when out walking.

## For leg casts

- If you have been instructed that you are able to walk, do not walk on the new cast until the day after it has been applied.
- While the cast is drying, keep your leg up on a pillow, lying on a couch or bed to prevent the cast from being put out of shape.

## Abnormal symptoms

Telephone to arrange a follow up visit to the minor injuries department as soon as possible if:

- The plaster feels very tight.
- There is a lot of swelling.
- There is severe pain.
- You notice a discharge, possibly from the wound or a pressure sore showing on the cast.
- The fingers or toes go dusky red, pale or blue.
- You cannot move your fingers or toes.
- The fingers or toes feel numb or dead.
- If you feel any discomfort under the plaster.

It is important to keep the unaffected joints of the limb that are not in plaster moving, to improve the circulation and maintain mobility by reducing stiffness.

If the plaster becomes loose, cracked or soft, please contact the Minor Injuries Unit for repair.

If you are in any doubt about symptoms or suffering any pain or discomfort beneath the Plaster of Paris cast, please consult your nearest Minor Injuries Unit for advice. The telephone numbers are listed on the back of this leaflet.

## Further advice

If you have any general questions or need advice quickly, contact NHS 111 or log on to [www.nhs.uk/111](http://www.nhs.uk/111)

You may also contact your Doctor during normal surgery hours. If the call to your Doctor is urgent and outside the normal surgery hours of 8.00am to 6.30pm, your surgery will redirect you to the appropriate out of hours service or advise you to call the NHS 111 number.

Out of hours – please call your own GP's out of hours contact number.

In an emergency, dial **999**.

Please read this leaflet carefully.

If you are concerned or there is anything you do not understand or you require further information, please contact your nearest Minor Injuries Unit or Urgent Care Centre using the contact details on the back of this leaflet.