

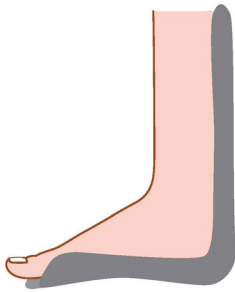
Wearing a Plaster Cast



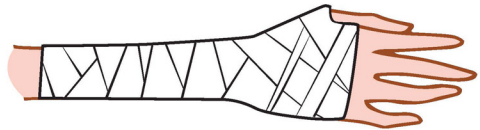
The Department of Orthopaedics offers specialist medical and surgical treatments on musculoskeletal disorders, joint replacements, foot and ankle disorders, among other trauma injuries. Our consultants and surgeons work closely with sports medicine physicians, physiotherapists, podiatrists and other healthcare professionals to help patients return to their normal activities after surgery.

What are casts and back slabs?

A plaster cast helps to hold your bones in place after an injury and supports the injured bones and soft tissue. Wearing it prevents further trauma to your bones, reduces pain and re-aligns injured limbs.



A back slab is a partial cast that sits on one side of the limb and is wrapped in a crepe bandage



A cast covers the whole circumference of an injured limb

The back slab or “half-cast” does not provide as much support as the cast, but it can accommodate swelling around the injury.

Both the cast and back slab have a soft cotton lining above the stockinet. The outer layer of a cast is made of plaster or fibreglass, while the outer layer of a back slab is made of the same material.

It is important to have the cast / back slab contoured to the shape of your limb for optimum support of your bones.

Plaster Care: Wear it Right

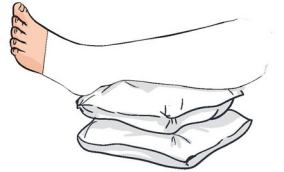
Do



Use a sling when you sit or stand



Use crutches or a wheelchair if the cast is on your leg. Do not walk in a cast / back slab



Elevate your foot to prevent / reduce swelling

Don't



Do not let the cast get wet. Keep it dry at all times



Do not use any sharp objects to scratch the skin under the cast



Do not force open the cast yourself

Keep the cast or back slab dry. Avoid contact with water as it will cause the skin to itch and rashes to develop. Prolonged soaking of the cast without medical attention could also infect the macerated skin. Seek medical attention immediately if the cast gets wet.

Tip: Keep the cast and back slab clean to prevent itchiness / smell.

Tip: Use a cast protector to prevent the cast / back slab from getting wet.

Visit the Emergency Department if:

- Swelling does not subside and there is severe pain
- Limb turns blue and become painful
- Plaster loosens or starts to crack

Too much swelling can lead to pressure under the cast and cause complications such as poor blood circulation to the limb. Symptoms of swelling include increase pain, tightness, numbness, a tingling / burning sensation.

- Do not panic if you notice a swell in your limb. Elevate your hand / foot to reduce it.
- Do not force open the cast. You could cut your skin or displace the fracture, which affects healing.

Frequently asked questions

Can I use a hair dryer to dry the cast if I accidentally wet it?

No, the hot air from the hair dryer may burn your skin and cause blisters to develop.

Can I walk with the cast or back slab on my leg?

No, the cast or back slab is not designed to be worn while walking. It will crack and not support your injured bone. The material may also cut into your skin if you continue to walk in it.

Can I take a plane with the cast on?

Yes, please inform your doctor if you need to travel. The cast may need to be bivalve into two to release the pressure when you are on a flight.

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

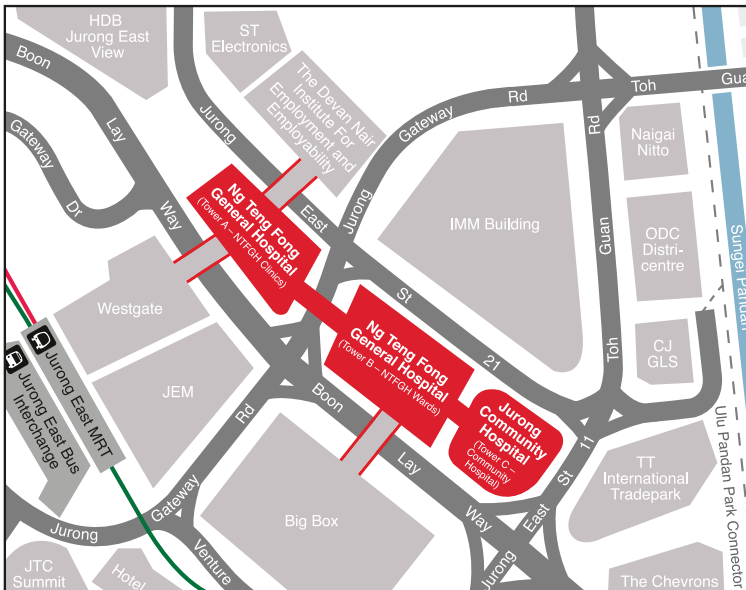
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.