

**Dr Tom Savvoulidis**  
Orthopaedic Surgeon MBBS, FRACS (Ortho)

**Plaster Care**

**Adelaide & Regions**  
**General Orthopaedics**

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## **PROVIDING SERVICES IN:**

- Arthritis and Joint Replacement Surgery
- Special interest in Minimally Invasive Surgery (MIS) for hip replacement
- Arthroscopic and MIS surgery of upper and lower limbs
- Sports Injuries
- Foot and Ankle
- Wrist and Hand

## **DR SAVVOULIDIS CONSULTS AT:**

### **Burnside Hospital**

Suite 3, 120 Kensington Road  
TOORAK GARDENS 5065


### **Central Districts Private Hospital**

25-37 Jarvis Road  
ELIZABETH VALE 5112

### **North Eastern Community Hospital**

580 Lower North East Road  
CAMPBELLTOWN 5074






A plaster has been applied for immobilisation of your limb.


Please read the following instructions carefully on how to best care for the plaster.

A synthetic polyester cast has been applied. This plaster will start to “heat” up after application and take about 30 minutes to cure. It will be “set” in about two hours.

- Please do not lean on any surface for about two hours until the plaster is fully set.
- Do not tamper with the plaster in any way ie; cutting it yourself.
- Do not wet the plaster.
- Do not try to scratch under the plaster by pushing anything down inside it. This may cause trauma to your skin and subsequent skin ulcers.
- It is not necessary for you to wear a sling unless for comfort only.
- To promote circulation, move your fingers frequently.

There are a range of exercises that are suggested that you can do to maintain function and movement in the affected limb. They are:

- Keeping your arm straight, raise your arm above your head.
  - Bend and straighten your elbow.
  - Curl your fingers into a fist and hold, then straighten and stretch your fingers out as far as possible.
  - Curl your fingers into hooks and hold, then straighten your fingers.
  - Touch the tip of each finger to your thumb.
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It is recommended that these exercises are performed three times per day and for ten repetitions each.

Please contact your doctor or report to the Emergency Department if you notice any of the following:

- Change of sensation in your fingers ie; numbness or loss of feeling.
- Significant change in colour of your fingers.
- Marked swelling of your fingers.
- Persistent pain or burning under the plaster.
- Unable to move your fingers.

#### **REMOVAL OF THE CAST**

**Never remove the cast yourself** - you may cut your skin or prevent proper healing of your injury. Your doctor/nurse will use a cast saw to remove your cast. The saw vibrates, but does not rotate. If the blade of the saw touches the padding inside the hard shell of the cast, the padding will vibrate with the blade and will protect your skin. Cast saws make noise and may feel "hot" from friction, but will not harm you.

