

Plaster Cast Care and Warnings - Acute Arm Fractures

1. For the next week you will need to elevate your arm on pillows or in a sling
2. To promote circulation, keep moving your fingers and all other joints not in plaster.
3. Do not stick anything down your cast, as this may damage your skin and cause a wound. If you are itchy, gently tapping the cast can help.
4. Do not lift or use your arm for any work as this can move your bones
5. Do not get the cast wet. This will weaken the cast and move your fractures. Shower with a plastic bag over your cast.

If you have:

- Numbness
- Loss of feeling in your fingers
- Marked swelling in your fingers
- Burning sensation or pins and needles in your fingers
- Trouble moving your fingers

Then you must elevate your arm above your heart on pillows and move your fingers as much as possible.

If there is no relief of these symptoms within 1-2 hours, then you must either go to the Emergency Department at Royal Darwin Hospital or Palmerston Regional Hospital or your closest health clinic to have your arm checked.

Royal Darwin Hospital

Ph: 8922 8888

Palmerston Regional Hospital

Ph: 7979 9200

