

Plaster Instructions

1. The next **2 DAYS** rest and keep the injured limb elevated and above your body . arm in a sling, leg on a pillow.
2. To promote circulation keep moving your fingers and toes regularly. Exercise all joints not in plaster.
3. Report immediately to your doctor if you have:-
 - a. **Persistent severe pain or localized burning under the plaster**
 - b. **Marked blueness of your fingers or toes**
 - c. **Numbness or loss of feeling in your fingers or toes**
 - d. **Marked swelling of your fingers or toes**
4. Do not scratch under the plaster with objects to relieve itching as this may damage the skin.

DO NOT WET OR WASH THE PLASTER CAST

**DO NOT REST PLASTER ON HARD SURFACES UNTIL
COMPLETELY DRY**

ALLOW PLASTER TO DRY NATURALLY IN THE AIR

REPORT IMMEDIATELY IF PLASTER CRACKS OR SOFTENS,

DO NOT CUT OR INTERFERE WITH THE PLASTER YOURSELF.