

Cast: explanation and advice

You have just received a cast.

The cast has an analgesic effect and ensures that the fracture, damaged ligaments, tendons and/or joints can heal properly.

Please read the information below carefully.

For the leg

- Until the first appointment at the polyclinics, you should not use your leg. This means that you are not allowed to stand on your leg and you will have to use crutches or a wheelchair.
- When resting, place your leg up as high as possible. The foot should be higher than the knee and the knee higher than the hip. At night, you can place a pillow under your mattress or raise the footboard.
- To prevent or reduce swelling and pain, we recommend that you do the exercises below ten times, every hour.
 1. Move the toes forward, towards the nose. Hold this for five seconds.
 2. Then push the toes away from you for five seconds without using force on the cast itself.
 3. Stretch your leg, raise the stretched leg and hold it high for five seconds.
 4. Bend the knee five times.

For the arm

- Keep your arm high, the hand at heart level. During the day by using the sling and during the night by putting the arm on a pillow.
- To prevent or reduce swelling and pain, we recommend that you do the exercises below ten times, every hour.
 1. When possible, squeeze the uncast fingers and hold for five seconds.
 2. Then stretch the fingers completely and hold for five seconds.
 3. Rotate the shoulder and bend and stretch the elbow five times.
- Do not wear rings or jewelry. These can start to pinch.

Additional information

- It is important to exercise to stimulate blood circulation, keeping joints supple and to maintain your muscle strength as much as possible.
- In case of pain, you can use paracetamol (acetaminophen) according to the package leaflet. Paracetamol is available at the pharmacy, drugstore and supermarket.

- When you suffer from itching: look for distractions, cold air helps (for example from a hair dryer) and do not go into full sun in the summer. It is not allowed to scratch under your cast. Wounds can occur, which can lead to inflammation.
- Your cast should not get wet. To prevent that, you can use a shower cover. Shower covers are for sale in the emergency department (location VUmc), the plaster room at the polyclinics, home care shop, pharmacy and drugstore.
- Crutches can be rented or bought at the emergency room and home care store.
- In principle driving is not allowed. Always contact your insurer. Driving without a declaration is punishable and you are not insured.
- Flying: In principle you can fly with a cast but there are rules for this. Always contact your airline in advance. The doctors do not issue a fit to fly statement. However, you can receive the letter intended for your general practitioner containing your diagnosis and treatment.

Contact by telephone

If you have any questions, you can always contact the hospital. Within office hours you call the polyclinics, outside office hours the Emergency Department.

You can contact us when:

- Having increasing pain despite adequate pain relief and rest.
- In case of severe swelling, tingling, decreased sensation, discoloration and/or cold toes or fingers (signs of reduced blood supply).
- Having a fever when you have wounds underneath the cast or having a fever after surgery.

Also contact us when:

- The cast no longer offers support.
- The cast is wet.
- The cast is broken.

Amsterdam UMC, Location AMC

Meibergdreef 9
1105 AZ Amsterdam

Emergency Department

T: 020 566 22 22

Plaster room:

Polyclinics building route 10 (adults)

Children's outpatient clinic A0

T: 020 566 2551

E: gipskamer@amsterdamumc.nl

For more information:

[Gipskamer polikliniek Amsterdam UMC, locatie AMC](#)

[Spoedeisende Hulp \(SEH\) Amsterdam UMC, locatie AMC](#)