



# Patient's Plaster Passport

**Please bring this with you for every appointment**

**PLASTER ROOM PHONE NUMBERS**

**PRESTON 01772 523349.**

**CHORLEY 01257 245798.**

INSERT PATIENT INFORMATION  
STICKER HERE

# PLASTER CAST DETAILS

<b>TYPE OF CAST</b>	
<b>DIAGNOSIS</b>	
<b>TREATMENT</b>	
<b>MANIPULATED</b>	<b>YES</b> <b>NO</b>
<b>COMMENTS</b>	
<b>PRINT NAME</b>	
<b>SIGN</b>	
<b>DESIGNATION</b>	
<b>REVIEW DATE</b>	
<b>SKIN AT RISK</b>	<b>YES</b> <b>NO</b>
<b>HAS THE RISK OF PRESSURE DAMAGE BEEN EXPLAINED TO PATIENT</b>	<b>YES</b> <b>NO</b>
<b>VTE GIVEN</b>	<b>YES</b> <b>NO</b>
<b>SIGN</b>	

## SUBSEQUENT CAST CHANGES:

<b>DATE</b>	
<b>TYPE OF CAST</b>	
<b>REASON FOR CHANGE</b>	
<b>PROBLEM</b>  <b>SKIN CHECK</b>	
<b>COMMENTS</b>	
<b>PRINT NAME</b>	
<b>SIGN</b>	
<b>DESIGNATION</b>	
<b>DATE OF NEXT REVIEW</b>	

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<b>DESIGNATION</b>	
<b>DATE OF NEXT REVIEW</b>	

**NOTES:**

# **VIRTUAL FRACTURE CLINIC (VFC) PATIENT INFORMATION – OUTPATIENTS ONLY:**

## **What is virtual fracture clinic (VFC)?**

You have been referred to our 'VFC'. This clinic is a virtual clinic where patients with bone and soft tissue injuries are referred who do not need immediate admission to hospital.

## **Do I need to attend a clinic appointment?**

You are not physically required to attend this clinic, but within 48-72 hours of your attendance at the Emergency Department, your x-rays and documents will be reviewed by a senior orthopaedic doctor. You will then be contacted by our nurses and a plan will be proposed for the management of your injuries. It is important you ensure that your contact details are kept up to date on our system when you attend the Emergency Department.

## **What happens next?**

Most of our patients referred through 'VFC' can be safely managed with self-care at home under our advice. Some patients will be referred to other services such as Physiotherapy or Hand Therapy. Some patients may be asked to come to our clinic for a face-to-face assessment. Very occasionally, surgery may be advised, and you will usually be offered a face-to-face appointment to discuss this further if this is the case.

## **What happens if I have not been contacted within a few days?**

Our 'VFC' runs from Monday to Friday and our staff are generally very busy. Please allow 48-72 hours after your attendance at the Emergency Department before contacting us. If you have not been contacted by us

after 72 hours, it is important that you contact us on one of the following telephone numbers:

**01772 522002**

**01772 523369**

**01772 524463**

**01257 247307**

## **What if I have been virtually assessed and I still have problems:**

Some patients will still have ongoing problems, questions, or concerns despite being assessed in 'VFC'. We encourage patients to contact us in the event of any of these situations on the following telephone numbers so we can address any issues early on:

**01772 522002**

**01772544463**

## **Instructions for after the application of a Plaster:**

- Normally, fibreglass casts are dry in 30 minutes to an hour after application. Plaster of Paris takes approximately 24 to 48 hours to dry
- Keep the plastered limb elevated for 48 hours after application
- Do not get the cast wet unless instructed otherwise
- Do not walk on the cast unless instructed otherwise
- Do not push anything down the cast to scratch an itch
- Do not drive with the cast on until you have consulted your insurance provider
- A cast shoe must be used if a walking cast is on

- If your fingers or toes become swollen, painful, blue, or cold, elevate the limb and report to the Emergency Department (ED) at once these symptoms indicate that the cast is too tight and needs to be replaced/loosened
- If you have a cast on and are planning to fly, we advise you to check if your airline provider will allow this

## Returning to have your cast checked:

You may be asked to return the day after your cast is applied so that it can be checked. Unless advised otherwise, the times for plaster checks are as follows:

- Chorley – Monday to Friday, 14:00 to 16:00. Weekends and bank holidays as arranged
- Preston – Monday to Friday 09:00 to 17:00. Weekends and bank holidays 14:00 to 17:00

If you cannot attend during the indicated times above, please discuss this with a plaster technician or nurse.

## Pressure Ulcers from Medical Devices

### What is a pressure ulcer and how do they develop?

A pressure ulcer is a localised injury to the skin and/or underlying tissues, usually over a bony prominence, because of pressure. Pressure ulcers can develop when pressure is applied to an area of the skin over a period. The extra pressure disrupts the flow of blood through the skin. Without a blood supply, the skin becomes starved of oxygen and nutrients and begin to breakdown.



## Who is at risk of developing pressure ulcers?

People are at risk of developing pressure ulcers if they have difficulty moving and are therefore unable to easily change position whilst seated or in bed. Therefore, the risk of developing a pressure ulcer under a plaster cast is increased due to immobility.

### To reduce the risk, we advise:

- Move the limb with the cast, or your body frequently
- Ensure the top and bottom of the cast is not rubbing on the skin
- Ensure all fingers and toes can move
- Regularly change position, turning every two hours
- If you have a leg cast in situ and are turning onto your side, place a pillow in between your knees to prevent the cast from rubbing on your other leg
- Do not rest a plastered leg on a heel for long periods. To relieve pressure from the heel, place a pillow length way so that the heel is raised and free from pressure

### Symptoms to look out for:

If you experience any of the following pressure ulcer related symptoms, contact the Fracture Clinic or Emergency Department immediately:

- Rubbing or blister like pain, or any discomfort from within the cast
- Wetness or stickiness inside the cast
- If the cast develops a smell
- Staining on the outside of the cast
- Areas of pain or localised heat

**DO NOT WAIT FOR YOUR NEXT APPOINTMENT IF YOU HAVE ANY CONCERNS CONTACT THE PLASTER ROOM IMMEDIATELY**

## Further advise and instructions for patients with plaster casts on the lower limbs:

On rare occasions, symptoms of swollen, painful, blue or cold toes might suggest the development of a clot in the veins of a lower limb (Deep Vein Thrombosis/DVT). This is a rare but a recognised complication of lower limb immobilisation. The nurse practitioner or doctor will be able to tell you whether it is likely that you may develop a DVT or not.

A percentage of patients developing a DVT will go onto develop a more serious complication known as a Pulmonary Embolism/PE. This occurs when a clot that has formed in the leg vein breaks off and becomes lodged in the blood vessels within the lung.

If you experience chest pain or breathlessness, you must report back to the Emergency Department immediately for further assessment, examination and investigation.



Please note, that you may be seen by either the consultant named in the clinic above or another doctor on that clinical team. Should you wish, you can exclude medical students from your examination.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

### **Gujarati**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો ફૂપા કરીને પૂછો. આ માહિતી મોટા છપાણા માં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

### **Romanian**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.

### **Polish**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

### **Punjabi**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵਿੱਚ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪਿਰੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

### **Urdu**

اگر آپ کو یہ معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو برائے مہربانی پوچھیں۔ یہ معلومات دوسری زبانوں اور بڑی چھپائی میں بھی دستیاب ہو سکتی ہے

### **Arabic**

إذا كنتَ تريد مساعدةً في فهم هذه المعلومات يُرجى أن تطلب. يمكن توفير هذه المعلومات مطبوعة بأحرف كبيرة وبلغات أخرى

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