

# Information about plaster (gips/X-lite bandage, korkskinne arm eller ben)

Til patienter og pårørende

## **A plaster cast has been applied to your injured limb to immobilise it.**

There are several different types of plaster cast bandages, they can be of plaster of paris (POP), X-lite or made from cork.

POP bandages take up to 48 hours to dry, while X-lite takes 20 minutes. The cork bandage does not need to dry.

## **Elevation**

It is important you elevate (raise) your injured limb as much as possible for the first 24-48 hours. This will help fluid (swelling) to drain from the injured limb and reduce any swelling that may cause your plaster cast to feel tight.

## **Arm**

Keep your arm elevated in a sling provided or on cushions, make sure that your hand is higher than your elbow. Exercise your fingers and arm often.

## **Leg**

Keep your leg raised on several pillows so that your ankle is higher than your hip. Exercise your toes and keep when possible.

## **Skin care**

Skin under the cast may become itchy due to dry skin. Do not push anything down inside the cast as this may result in a break in the skin and infection may occur.

## **Washing**

Do not get water in or on your cast; it is not waterproof and may weaken the cast. Your skin becomes irritated with prolonged immersion/contact with water.

## **Exercises**

While your limb is in a plaster cast, it is important to move the joints that are not restrained by the cast.

## **Pain killers**

Broken bones, sprains, swelling and injured ligaments can be painful. Taking painkillers can reduce the pain.

## **Signs for look out for**

### **Please contact for advice**

- If you experience cold or white/bluish fingers or toes (not bruising)
- Pain, pins and needles or numbness in toes or fingers

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- If your fingers or toes swell up despite continue elevation
- If your plaster cast become soft, cracked or damaged
- If an object become lodged in your plaster cast.

**Weekdays** 9 a.m. to 15 p.m. Ortopaedic Surgery Outpatient Clinic (Ortopædkirurgisk Ambulatorium) telephone 7918 2126.

Other times Accident and Emergency Service telephone 7918 2137 (Esbjerg) or 7918 9565 (Grindsted).

## **Kind regards**

The Staff Accident and Emergency Service  
Sydvestjysk Sygehus

- Esbjerg: Finsensgade 35, 6700 Esbjerg
- Grindsted: Engparken 1, 7200 Grindsted