

CAST INFORMATION SHEET

RULES OF BEHAVIOUR FOR PATIENTS WITH CASTS

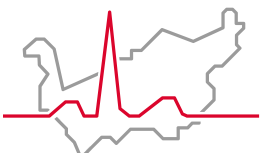
- When the cast is freshly applied, the limb should be elevated as often as possible (above heart level if possible)
- Fingers and toes which are not immobilized in a cast should be moved as often as possible, as should the adjacent exposed joints
- Contact your family doctor or our emergency ward immediately (Tel. 027 / 604 21 47) if any of the following signs occur:
 - Pressure points in the cast (without improvement by elevation)
 - Fingers or toes fall asleep (without improvement by elevation)
 - Fingers or toes turning blue or pale and cold (without improvement by elevation)
 - Foreign body in the cast
 - The cast is too loose or has slipped out of place
- As a first measure, you can try to loosen the bandage over a split cast. If this is not successful, contact your family doctor or our hospital immediately
- It is essential that you keep the appointments for the cast and X-ray check
- Never try to remove a cast on your own
- Do not insert any foreign objects into the cast (e.g. knitting needle for scratching), this can lead to unnoticed wounds with subsequent complications such as infections



Upper Valais Hospital Centre
Emergency departement



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Hôpital du Valais
Spital Wallis

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