

**Patient  
Information**

# After your plaster has been removed

## Introduction

The information in this leaflet is to prepare you for when your plaster has been removed. This is because although you will be keen to resume normal activities, there may be a few adjustments that you will need to make.

## Following the removal of your plaster

After your plaster has been removed you may:

- feel faint or nauseous (sick) – do not be worried this is common and will settle quickly
- feel as though your limb is light and weak
- notice that the limb looks thin and odd
- have dry and flaky skin
- find that your limb feels stiff and painful
- discover that the limb is now more hairy

All of these will reduce over the next few days.

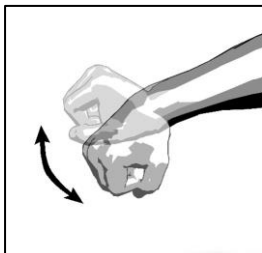
## Additional information

A break and a fracture are one and the same; it may be called by either term. It means you have a broken bone. An X-ray is not always needed to decide if the fracture has healed. The doctor can tell by examining your limb. Physiotherapy is not always necessary.

## Exercises for your wrist

The following exercises may be helpful for your wrist.

1. Bend your wrist forwards and backwards as far as possible.



Reference No.

**GHPI0033\_12\_21**

Department

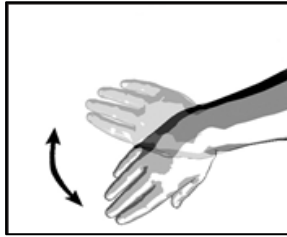
**Fracture Clinic**

Review due

**December 2024**

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2. Keeping your forearm still, move your hand from side to side.



3. Keeping your fingers straight, spread your fingers and thumb as far apart as possible, then press them together.
4. Try and make a tight fist including your thumb.
5. In turn, touch the tip then the base of each of your fingers.

Do not lift heavy objects or containers of hot liquid until your hand and wrist are strong and you feel sure that you can do it.

## Your ankle

Once your plaster has been removed it is common to experience aching in the foot and ankle. You may also have some stiffness and in cold weather some blueness.

Swelling may happen for several months particularly in the ankle. Therefore you must elevate (raise) your leg when resting. This should be as high as your heart. Exercising your ankle will also help to reduce any swelling.

## Walking

If you have been told to put weight through your leg, try to walk as normally as possible. When stepping forward, your heel should touch the ground first, followed by the outer border of your foot and then your toes. Hospital staff will tell you how much weight you can put through your leg.

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Regular exercise to restore movement and muscle strength around the foot and ankle is very important.

1. In a sitting position or lying on your back. Circle your ankle and foot in one direction and then the other.



2. In a sitting position or lying on your back. Move your foot up and down at the ankle. Try to move as far as you can in each direction.



3. Sitting with your foot on the floor. Turn the soles of the feet in towards each other then turn them away from each other.



Swimming would also be a good form of exercise.

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## Contact information

If you have any problems after discharge, please contact your GP or the Fracture Clinic for advice.

### Fracture Clinic

Cheltenham General Hospital

Tel: 0300 422 3863

Monday to Friday, 9:00am to 5:00pm

Gloucestershire Royal Hospital

Tel: 0300 422 8409

Monday to Friday, 9:00am to 5:00pm

Out of our hours ring NHS 111 for advice

### NHS 111

Tel: 111

### Orthopaedic Outpatients Appointments

Cheltenham General Hospital

Tel: 0300 422 3147

Gloucestershire Royal Hospital

Tel: 0300 422 8409

### Plaster Room

Cheltenham General Hospital

Tel: 0300 422 3148

Gloucestershire Royal Hospital

Tel: 0300 422 8411

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