

Immobilising Casts

Answers to Common Questions

- You have / will be fitted with an immobilising cast. This is to protect your foot.
- You must not take weight on the casted foot/leg, this will adjust the way you mobilise and you will be shown how to use crutches or other walking aid.

Casts are applied for the specific purpose of forcing you to rest the affected area. A certain amount of interference with your lifestyle and mobility is, therefore, unavoidable. If you do too much you will undermine the value of the enforced restriction and the potential outcome of your surgery.

General Advice

- Please **keep the cast dry** and do not try and cut or interfere with it.
- **Do not poke with knitting needles/coat-hangers etc. to scratch an itch.**

Special Advice

It is possible for a cast to cause constriction and affect the circulation in the leg and foot, therefore **phone for advice if any of the following appear to be affecting your toes;**

- Excessive swelling.
- Blue / grey colour change.
- Severe pain.
- Loss of movement.
- Numbness or loss of sensation.
- If in doubt, telephone for advice.

Driving Warning

It is an endorsable offence to drive a vehicle while restricted by an immobilising plaster cast. By driving while restricted by such a cast, you may be liable to prosecution under the Road Traffic Act 1988, Section 3, 143 and 104 & other Acts, which carry from 3 to 17 penalty points & a possible fine of £1,000.

Even with a plaster cast applied to your foot / leg, you may feel that you are physically capable of driving a vehicle, but it would be wiser (legally and morally), not to try.

In order to give your treatment the best chance of being successful, it is important that you follow the advice you have been given.

REMEMBER

If you have any consistent pain or a problem; phone us for advice on the number above or contact your GP or Out-of-Hours service.

For additional information leaflets see our Podiatric Surgery public facing website pages on <http://www.herefordshire.nhs.uk/>