

Cast

You have just received a cast. Please read the following information carefully.

Leg

You are not allowed to stand on the leg and you have to mobilize with crutches. When in rest, elevate the leg as much as possible. Keep the foot higher than the knee and the knee higher than the hip. During the night you can put a pillow under your mattress or elevate the end of the bed. To ease and prevent pain and swelling it is advisable to do the following exercises every hour, ten times:

- Move, if possible, the toes upwards; towards the nose. Keep them in this position for five seconds. Then push them away and again keep them in this position for five seconds.
- Make, if possible, little circles with your ankle.
- Stretch your leg, lift it and remain in this position for five seconds.

Arm

Keep your hand elevated. During the day you will have to use the sling that is provided by the specialized nurse. Only during the night you can take the sling off and if you do, please remember to put your hand on a pillow in order to keep it elevated. To ease and prevent pain and swelling it is advisable to do the following exercises every hour, ten times:

- Squeeze, if possible, the fingers together and hold them for keep them in this position for five seconds. Then stretch the fingers completely and hold, again for again keep them in this position for five seconds.
- Make, if possible, little circles with your shoulder.

Additional information

- When in pain you can use paracetamol (also known as acetaminophen) according to the information provided by the manufacturer. It is a widely used over-the-counter analgesic.
- *When pain and/or swelling increases, a tingling sensation, a decrease of sensibility, a change of colour and/or cold fingers or toes occur (signs of decreased circulation), please contact the emergency department.*
- Squeeze the fingers or toes for five seconds until they appear white, then release and check if the fingers or toes turn pink within two seconds. If this is not the case, please contact the emergency department.
- When the cast is broken or doesn't give enough support, contact the emergency department.
- Keep the cast dry. If it does get wet, please contact the emergency department.
- Seal-tight shower protection is for sale at the emergency department and "de gipskamer".
- Shower protection must be fitted five cm / two inches above the cast.
- Crutches can be rented at the emergency department.

- When you have any questions you can always contact the emergency department. The emergency department can be reached 24/7.

After approximately seven days you will return to the department in the outpatient clinic, also referred to as "de gipskamer", unless the doctor says otherwise. There they will evaluate the cast as well as your arm or leg.

Amsterdam UMC, location VUmc

De Boelelaan 1117

1081 HV Amsterdam

The emergency department: (020) 444 3636