



# Cast removal aftercare

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**This leaflet offers information and advice following removal of a cast.**

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## Appearance of your limb

When your cast has been removed, your limb may appear thinner and wasted – **this is normal**. It is caused by lack of movement of your muscles while the cast is on. These muscles will return to normal when you start general movements and gentle exercise.

## Pain

You may experience mild aches and pains when the cast is removed. This should improve with time and gentle exercise. If the pain persists or worsens you may need to seek advice from your GP or Fracture Clinic.

## Skin care

You may find that your skin is dry and flaky. Using moisturising creams and lotions may help. Do not try to remove areas of thick dry skin as this could lead to sore skin. You should not shave your legs until your skin has returned to normal.

## Support and elevation

Now that your cast has been removed, you may experience some swelling of your limb. It is advisable to continue elevating your limb as necessary and if a support/splint has been supplied you should wear this as advised. If you had a lower limb injury, you should wear comfortable, supportive footwear such as trainers or flat shoes (flip-flops, sling-backs and high-heels are not recommended).

## Mobility

The doctor will advise you concerning the movement of your limb. You may find you need to continue using your walking aids for a short time now the cast has been removed. If necessary, the doctor will organise physiotherapy or provide exercise leaflets. If you have been given an exercise leaflet, please carry these out as instructed and as you are able.

It is important to refrain from contact sports until a full recovery has been made and the doctor advises that you can restart. An impact to a weak area could result in further damage. Swimming is a good way of restoring function to a limb.

## Driving

Your doctor should advise when you can return to driving, it is also wise to consult your insurance company to confirm that you will be covered when you do start driving again.

## **Other information**

If you are concerned or have any other questions, do ask the staff in the Fracture Clinic or Plaster Room. At other times, contact your GP, NHS 111 or the Emergency Department (A&E).

**RBH Plaster Room tel: 0118 322 7040 (Monday-Friday 8.15am-5.00pm)**

**RBH Orthopaedic Outpatient Department tel: 0118 322 8334**

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

Plaster Room, RBFT Orthopaedic Outpatients, February 2025

Next review due: February 2027