

GOOD BEHAVIOR WITH A PLASTER

You have got a plaster. Simple rules can avoid complications inherent to this type of treatment. You must :

- Observe the drying time
- 24 to 48 hours for a conventional plaster
- 4 hours for a resin

- Observe the instructions given on the support

- Elevate the member concerned as often as possible:
- Arm in a sling during the day, hand raised by a pillow during the night
- Leg horizontally on a support during the day, raising the mattress during the night

- Contract the muscles under the plaster often

- Mobilize the neighboring joints left free by the cast (move fingers or toes)

- Consul quickly the doctor if:
- You have pain under the plaster
- You feel a swelling, cooling or if the pain is changing

- You must not :
- Wet a traditional plaster, and avoid wetting a resin
- When you take a shower wrap the plaster and the skin in a watertight plastic bag
- Don't insert an object, paint or cover the plaster
- Don't drive, swim or practice any violent physical activity