

Reminders to Patients After or Before having Plaster Pack

1. Patient should have soap and water cleanse wounded part before putting on plaster pack, or gently wipe with 50% of alcohol in order to increase skin' s tension.
2. Patient might feel a bit of burn at the first 10-15 minutes after having plaster pack on, might feel a bit of cold after water is evaporated.
3. Within 24 hours after having plaster pack on:

(1) Must not put any article or blanket on plaster to prevent distortion or hindrance to humidity evaporation.

(2) Must put a soft pillow below wounded limb to prevent distortion of plaster, as well as to heal swelling and to reduce pain.

4. Please check for conditions, such as blood circulation or compressed nerves or bloods due to overly-tight plaster, every 30 minutes within 4 hours after putting on plaster pack.

(1) Cold limbs.

(2) Number limbs.

(3) Pale limbs.

(4) Successive and traumatic pains.

(5) Serious level of swelling.

(6) Pains in any position within plaster.

5. For limbs that are exposed outside plaster must move frequently in order to help with blood circulation and to reduce swelling condition, further it also helps to reduce occurrence of stiff joints and contracted muscles.

6. Must cleanse plaster on skin with water in order to avoid stimulation.

7. Must remove plaster only if X-ray inspection has shown healing of bones, however, healed time differs individually.

8. After having plaster removed, must cleanse skin with water, and then apply some nourishing cream. However, due to some stiff joints, it may be inappropriate to make larger movements, but to make progressive movement on every part of stiff joints.

9. There may be swellings and hydrops after having plaster on legs removed. It is advised to raise wounded leg during sleep, and wear elastic stockings in the day time to avoid hydrops and also raise wounded leg higher regularly to helping recovery.