

# Precautions for patients treated with plaster cast

To prevent swelling you should:

Keep the injured body part elevated compared to the rest of the body.

Move joints that the cast not include, like toes and fingers, to increase the blood circulation.

If the extremity gets swollen in spite of the advices above, the cast is most likely too tight. In that case you should immediately contact a medical department.

You may phone us for advice.