



GLENELG
ORTHOPAEDICS

Leg in Plaster

Instructions for Patients

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Leg in Plaster

Instructions for Patients

1. Patient should elevate leg as much as possible for first 7 days. It is important you elevate and rest your leg either in bed or when seating, elevate your leg with a foot stool/ pillows so it is level with, or ankle higher than your heart.
2. Should leg , ankle, or foot become increasingly painful, which is not settling with rest and elevation, then contact me ASAP on number below or if no response then go to the casualty department of major hospital ASAP.
3. Patient to be encouraged to move toes left free, as pain allows, as soon as possible. Mobilisation is to be directed by Dr Nimon.
4. Do not insert anything inside the plaster and avoid getting the plaster wet. If any edges of the plaster become rough they can be trimmed as instructed or covered with tape for comfort.
Please contact us if unsure.
5. Usually pain improves on a daily basis, but patient to rest at home and slowly do more each day. **If however pain suddenly increases, wound swells or redness or fluid discharges,**

Gavin Nimon