

Plaster and Compressive Bandages

Plaster and compressive bandages are used to immobilize a limb and give it time to recover from an injury to the muscles, tendons or bones. You should take care of both the limb and the bandage or plaster as well: follow the advice to rest, but avoid complete rest as this can lead to the development of vascular plugs.

Recommendations

- The plaster won't be completely dry for 48 hours: during this time try not to move the injured limb much and avoid putting weight on it.
- Try to keep the limb raised (this will help to reduce the inflammation):
 - If one of your upper limbs is injured (your arm, elbow, hand, fingers or forearm) keep it at chest height and move your fingers frequently.
 - If one of your lower limbs is injured (your foot, ankle or knee) keep it raised on a pillow and move your toes.
 - When you lie down keep the injured limb raised.

- Check the colour and temperature of the fingers or toes belonging to the injured limb.
- Move the fingers or toes belonging to the immobilized limb frequently and vigorously.
- Don't get the bandage or plaster wet or cut it. When having a bath or a wash protect it with a plastic bag.
- Don't insert objects between your skin and the plaster or bandage so as to scratch.

Consult your doctor if...

- Serious inflammation occurs.
- Your fingers or toes go purple or feel cold.
- The pain increases or you have a fever.
- The plaster cracks.

