



IMPORTANT NOTES about your bandage

You have received an immobilizing bandage. Freshly applied, a cast dressing reaches its final strength only after 24 hours, plastic bandages after only one hour. During this time, they should be handled extremely gently. Cast dressings must be kept permanently dry. Plastic dressings are not sensitive to water. However, if moisture penetrates inside, skin irritation can occur because the padding dries poorly, so you should also be careful with water.

Please make sure that your bandage/cast is intact and perform movement exercises regularly. Bandage-free fingers or toes may and should be moved regularly but not strained, unless you have been told otherwise.

Please see us if the bandage hurts, becomes damaged or too loose, as well as for X-ray checks in case of fractures to detect displacement of the fracture.

For arm injuries

A support sling around the neck should be avoided, as it usually increases swelling and leads to restricted shoulder movement. To reduce swelling and relieve pain, the injured limb should be held or positioned high - above the level of the heart, if possible.

For leg injuries

Please keep the affected leg elevated, at least to pelvic level, to reduce swelling and promote blood circulation.

In case of a recumbent cast, please walk only short distances with crutches. If you are wearing a walking cast, walking will not harm you. Please avoid prolonged standing or drooping of the leg. In addition to the desired healing effect, an immobilizing cast may in rare cases have undesirable side effects or cause complications. These usually result from severe swelling of the soft tissues, which the inelastic bandage counteracts, so that a circulatory disturbance can occur. However, minor swelling is common and has no negative significance.

Please consult us, another doctor or a hospital immediately, if you notice any alarming signs, in particular:

- if the fingers or toes of your injured limb swell up, turn bluish or white, can no longer be moved, become tingly or numb without significant improvement through the above measures, especially elevation of the limb.
- if you have severe and increasing pain or if your bandage pinches or constricts severely

If you are unable to reach a doctor, the bandage must be carefully split lengthwise down to the skin and pressed apart or, if necessary, removed completely in order to eliminate any impending circulatory problems.