

PHYSICAL THERAPY DEPARTMENT
NATIONAL HANSEN'S DISEASE PROGRAM
1770 PHYSICIANS PARK DRIVE
BATON ROUGE, LOUISIANA 70816

PATIENT INSTRUCTIONS
PLASTER WALKING CAST

You have been fit with a plaster walking cast to help heal your ulcer. The plaster walking casts are only effective in healing ulcers if they are comfortable, snug fitting and undamaged. A loose, uncomfortable or damaged walking cast could result in further injury to your foot. For this reason:

1. **DO NOT** walk or stand on your cast for the first 24 hours.
2. **ALWAYS** use crutches or a walker partial weight bearing when walking.
3. Notify your therapist or doctor **IMMEDIATELY** if you develop any of the following:
 - a. Leg or foot **DISCOMFORT**
 - b. A **CHANGE** in the feeling within the cast
 - c. **LOOSENING** of the cast
 - d. **FEVER** or **SWELLING** in your groin or behind your knee
 - e. **ODOR** or **STAINING** of the cast from wound drainage
4. At night or when sleeping it is advised to wear a sock on your uninvolved leg in order to protect the skin from splint rubs during sleep.

Your therapist can be called at (225) 756-3744 daily 8:00 to 4:30 p.m. On weekends, if problems develop, contact your personal physician or go to a hospital emergency room and have the cast removed.

The first plaster walking cast is usually removed in one week. The second cast is usually applied for a period of one to two weeks. Make sure you are given a follow up appointment before leaving the clinic.

I have read the above precautions and instructions and I understand and accept the responsibility involved with the use of the plaster walking cast.

Signed _____ Date _____