

What happens if I have problems?

Very few people feel discomfort wearing their plaster. If you do have problems such as swelling, blisters, or pins and needles in your feet you can contact your physiotherapist immediately for advice (see Physiotherapy Department telephone number below).

When the casts are removed it is normal to see a mark similar to a sock mark; just like a sock mark this should resolve quickly. If you are very worried we are happy for you to take off your casts first and then contact us.

- **Physiotherapy Department**

Telephone: 01227 78 30 65

Email: ekh-tr.paedsmsk@nhs.net

This leaflet has been produced with and for parents and their children

If you would like the information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation