How to find us

By Underground:
Bond Street (Central and Jubilee Line) and Oxford Circus (Bakerloo and Victoria Line)

By Car:
Metered parking is available on Wimpole Street (subject to availability) and Q Park facilities are available on Cavendish Square

By Bus:
Oxford Street is serviced by a number of TfL buses and is a short walk from the London Orthopaedic Clinic
It is recognised that following your injury or surgical intervention, subsequent consultation and cast application, there is a genuine possibility of information overload.

Therefore, it is the intention of this leaflet to provide basic instructions and advice on wearing and caring for your cast.

For a more comprehensive explanation of the information provided in this leaflet, please call a member of the London Orthopaedic Clinic (TLOC) clinical team to discuss.

Please ensure you do the following:

- Continuously exercise all your joints not covered by your cast
- Elevate your cast whenever possible
- Wear a sling, if provided, as per instruction
- Limit any activity or usage of the affected limb that may be detrimental to healing
- Ensure your cast is kept clean and dry
- Inform a member of our clinical team if you plan to fly

Things you must avoid:

- Getting your cast wet
- Wearing rings or nail varnish on the casted limb
- Placing foreign objects (knitting needles, pens, tissues) inside your cast in order to relieve itching, rubbing or chafing
- Cutting, heating or otherwise interfering with your cast
- Driving whilst wearing a cast, unless you have been instructed that it is safe to do so

Important Information

If you experience any of the following, please seek medical advice from the team:

- Different or increasing pain
- Discolouration of the fingers/toes (other than bruising) or increased swelling that does not improve after elevation or exercise
- Numbness or pins and needles in fingers/toes
- Inability or difficulty in moving any joints not immobilised within the cast
- Blistery pain, chafing or rubbing
- Visible staining, wetness or any offensive odours that may originate from enclosed wounds
- Foreign body inside your cast, such as a pen or a coin
- The cast has become wet or soiled
- Your cast becomes very loose, overtly tight or is otherwise uncomfortable
- Areas of your cast become soft or cracked
- If you experience an unexplained fever
- If you notice any skin irritation or rash

Tendon Gliding Exercises for Upper Limb Injuries:

- We recommend you perform the following hand exercises for the duration of time spent in a cast
- Using the pictures provided, begin with your hand in an arrow shape, then claw, full fist and finally, straight fist. Repeat ten times. These exercises should be performed regularly throughout the day (up to ten times per day)