

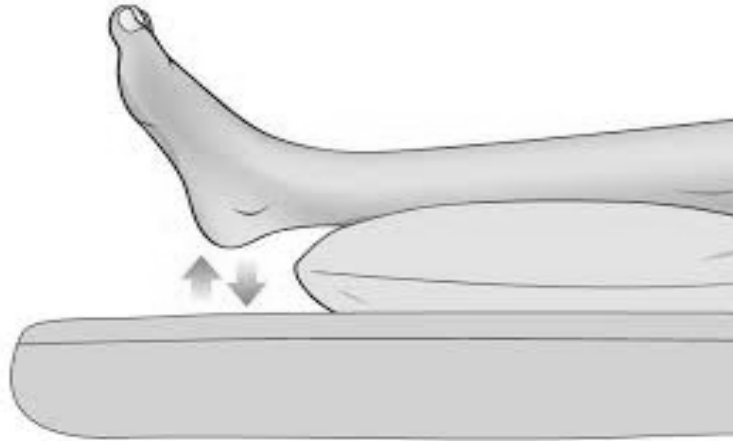
Excellence in rural healthcare



Relieving Heel Pressure whilst in a Cast

Please contact the Plaster Room for advice
Telephone: 01522 573836
We are open Monday to Friday 8.30am to 5.30pm
Lincoln County Hospital

www.ulh.nhs.uk



It is important to keep your heels free at all times whilst in cast; this can be achieved by using pillows/cushions positioned as shown above. Your heel is a hard prominent area and needs protecting.

Although resting the foot upon a soft surface may seem more comfortable, the pressure will still build upon the heel as the weight is against the hard cast.

When a specific body part is against a surface for a sustained period of time, the skin may break down resulting in a pressure ulcer, which could happen within your cast.

Please contact the plaster room if you are having any problems within your cast.

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please e-mail the Patient Information team at patient.information@ulh.nhs.uk