

What happens if I have problems?

Very few people experience discomfort wearing the plaster, however if you 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, William Harvey Hospital, Ashford**

Telephone: 01233 616085

Email: ekh-tr.paedsmsk@nhs.net

Proof

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

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email ekh-tr.pals@nhs.net

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