Orthopaedic Department

Instructions on care of your soft cast and removal soft cast



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- Soft Cast is a semi-rigid material. It offers support in the treatment of soft tissue injuries and fractures.
- Soft Cast is touch dry in 3 – 4 minutes and reaches full strength in 30 minutes.

Important Don'ts

Do not scratch or push anything down the inside of the cast, this could cause skin problems.
Do not cut or interfere with your cast.
Do not try to remove the cast until the date given to you by the doctor. If there is a problem, please contact the Plaster Room or out of hours, Accident and Emergency for further advice.
If attending Accident and Emergency please take this advice leaflet with you.
Do not try and lift heavy objects.
Do not sit close to a fire, your cast may become hot and burn you.
Do not wear nail polish on the fingers of your injured arm.
Do not allow your child to do any contact activities during treatment and for a limited time after the cast is removed. This will be explained to you by the doctor.

compassionate care

For A/E staff – If the cast has to be removed please use scissors, or unwind. DO NOT use the Cast Saw.

Important Dos

Swimming is allowable but only for a period of up to 20 minutes.

After swimming the cast will require flushing out with clean water to remove any chlorine, shower products or salt if swimming in the sea.

Allow excess water to drain from the cast, then towel dry. The cast should dry in about 20 minutes.

Showering and bathing is permitted. Flush the cast with clean water and towel dry afterwards.

Prolonged or too frequent wetting of the cast without adequate drying may lead to skin problems or other complications.

It is important to keep the limb elevated, especially in the early stages to help prevent swelling.

Do mobilise the fingers and elbow. This will help reduce swelling and minimise joint stiffness.

Do telephone immediately if you have:

- Pins and needles, numbness or blueness (not bruising) of fingers, which is not relieved by elevation.
- Excess swelling or pain.
- Soreness or rubbing under the cast.
- Any discharge or bleeding which may seep through your cast.
- A strong smell/odour under your cast.
- If you drop anything down your cast.

Removal of the Forearm Soft Cast

Patient Information

Date for parent to remove the cast: _____

1. Place the child's arm on a table or chair arm for support. Use a cushion for comfort.
2. Find the end of the casting material and tease away the end of the tape. Support the arm while slowly unwinding the material.
3. On the second layer you may find a small tab to start the unwinding process.
4. After removal of the cast you may bathe your child and start moving the arm in warm soapy water.
5. After washing you may apply moisture cream if required.
6. Please refrain from contact activities for a further 2 weeks.

If you are unsure regarding the removal of the cast or having difficulty during or after removal, please contact the plaster room.

Please do not use scissors to remove the cast

Any problems or concerns please contact:

The Plaster Room
Calderdale Royal Hospital
Monday - Friday
8.45am - 4.45pm
Tel: 01422 222079
or
Out of hours
Accident and Emergency Department
Calderdale Royal Hospital
Tel: 01422 222287

The Plaster Room
Huddersfield Royal Infirmary
Monday – Friday
8.45 am – 4.45 pm
Tel: 01484 342562
or
Out of Hours
Accident and Emergency Dept
Huddersfield Royal Infirmary
Tel: 01484 342300

If you have any comments about this leaflet or the service you have received you can contact :

Orthopaedic Outpatient Department
Calderdale Royal Hospital
Telephone (01422) 222079

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"