

Removing your plaster cast

only use this technique if you have been instructed to remove your cast at home

Introduction

During the Covid-19 pandemic, we are trying to reduce the number of times people need to come to hospital for straightforward injuries. As a result, we are using “SoftCast” that can be unwrapped and removed at home for some injuries. When your cast is put on, you will be instructed *if* your cast can be removed at home, and *when* to do so. Please follow the instructions below to remove your cast safely at the appropriate time.

Steps

1. Find an end of the plaster wrapping, like the end of a roll of tape
2. Pick and unwind
3. You will then find a piece of fibreglass plaster that is attached to the deeper wrap
4. You should be able to peel this thicker piece of plaster off, but may need a blunt piece of plastic to help, eg a ruler or old bank card
5. Find the end of the remaining plaster wrapping and undo this the same way as the first
6. Remove the bandage

a video demonstration can be found on the ‘Multimedia’ page of our website

www.tinyurl.com/uhcwhand

Disposal

Afterwards, dispose of the cast in a domestic bin and wash the area. It is usual to find lots of dead skin inside the cast. You may find using a moisturiser beneficial.

Getting help

If you have any problems with the plaster, please follow the guidance in the plaster booklet or call the plaster room at Hospital of St. Cross on 01788 669143 between 10am and 4pm.

Remember

If you experience worsening of pain or persistent numbness, please contact our plaster room technicians at Hospital of St. Cross on 01788 669143, or return to the Rugby Urgent Treatment Centre.



PATIENT INFORMATION LEAFLET

Further information

The day surgery unit can be contacted on 02476 966861 / 02476 966868 (University Hospital), or on 01788 663264 (Hospital of St. Cross). For further information please visit our hand service's web site at www.tinyurl.com/uhcwhand, or contact:

- Our plaster room technicians on 01788 669143
- Our specialist hand surgery nurse / hand-coordinator on 02476 965072
- Hand Therapy at University Hospital Coventry & Warwickshire on 02476 966016
- Hand Therapy at Hospital of St. Cross, Rugby on 01788 663257

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 02476 966861 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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