



Procedure Information – Plaster of Paris (POP) / Cast Application Procedure

Visit No.: Dept.:
Name: Sex/Age:
Doc. No.: Adm. Date:
Attn. Dr.:
Patient No.: PN

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*Please fill in /
affix patient's label*

Introduction

1. A plaster cast is used to immobilize the fractured or injured limb for proper healing. It can also relieve the pain caused by the fracture or moving the joints.
2. A cast may be applied for 4 - 8 weeks depending on the position of the fracture or the progress of recovery.

Indications

1. To hold the fractured segments in the best position.
2. To protect injured or repaired soft tissues.
3. To maintain the limb or spine in the functional position.
4. To protect ligament injury.

The Procedure

1. Clean the limb to which the plaster is applied.
2. Apply layers of cotton and soft materials to the limb.
3. When the plaster hardens, it will release heat and the patient will feel mild increase in warmth in the limb. Patients should inform the medical staff if any heat feeling occurred.
4. Stay in a well-ventilated environment to promote cast drying, keep the cast away from heat.
5. A plaster cast will take one to two days for thorough drying. A synthetic cast may take around 20 minutes for completely dry.

Risk and Complication

1. The plaster becomes tighter and tighter and causes pain and excessive swelling.
2. Finger or toe tips become cool. Nails are bluish or excessively white in colour.
3. Increased pain, numbness and weakness of the injured limb.
4. Skin sores around the plaster.
5. There is foul smelling discharge from the plaster.
6. The plaster is cracked, loosened or softened.
7. Any fallen object into plaster cast.
8. Surgical instruments or implant may be broken off and retained at the surgical site during operation.

Before the Procedure

You will need to sign a consent form and your doctor will explain to you the reason, procedure and possible complications.

After the Procedure

A. Care of the plaster /cast

1. Before the plaster is completely dry, always place it on soft surface such as a pillow. Do not rest it on any sharp object or place any heavy object onto it.
2. Keep the plaster dry. Use plastic and tape to wrap plaster before shower or bathing.
3. If one feels itchy inside the plaster, medications often help. Do not use sharp objects to scratch inside the plaster. Ventilating with a fan often brings relief.
4. Be careful with the edges of the plaster and the body areas surrounding it. Clean the non-covered area daily.
5. For plaster applied to upper limbs, the fingertips should be placed above the heart level. Use a support aid when standing, walking and other activities. For plaster applied to lower limbs, place a pillow below to reduce swelling and pain.



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6. Exercise the movable body parts as often as possible to improve circulation, reduce swelling and prevent muscle wasting.
 7. Avoid bumping or knocking with your cast.
 8. If there is any problem with the plaster or the limb, please come back to the Hospital in any time. Do not try to remove it yourself.
- B. Removal of plaster /cast
1. Do not adjust or remove the cast on your own.
 2. The plaster can be removed once the fracture has been healed, as recommended by the doctor.
 3. Electric saw is used to remove the plaster.
 4. The patient must not move the plastered limb during plaster removal.
 5. During the process, the saw generates a loud noise. The affected limb may feel some warmth and being shaken. No harm will be done to the patient, as the saw is safe for removing plaster.
 6. Since the skin area beneath the plaster often has become dry, clean the area with mild soap and warm water and then apply lotion after drying.
 7. Receive progressive exercise and training to regain muscle strength, as recommended by the doctor.
- C. Consult your doctor at once if any of the following conditions occur
- | | |
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| 1. Severe and persistent pain in the injured limb. | 4. The cast is too tight or too loose. |
| 2. Numbness or tingling sensations over fingers or toes, inability to move the limb. | 5. Drainage or foul odour from the cast. |
| 3. Swollen, blue or pale looking of fingers or toes. | 6. Cracks or breaks in the cast. |
| | 7. The cast softened or deformed. |
| | 8. Anxiety about the cast or the injured limb. |

Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor.

Reference

Hospital Authority – Smart Patient Website

I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. _____. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

Patient / Relative Name

Signature

Relationship (if any)

Date