

PROCEDURE INFORMATION

PLASTER OF PARIS & POLYESTER CASTS

Your doctor has requested you have a plaster cast.

What is a plaster cast?

A plaster is a gauze bandage that has been mixed with different resins. When mixed with water and applied, it then becomes hard. They can be known as Plaster of Paris or Synthetic casts.

What is the cost?

As well as your consultation fee there will be a procedural cost payable on the day of:

- \$50 for a plaster of Paris cast. (non-waterproof)
- \$75 for a synthetic cast (waterproof)

How long does it take to dry?

A Plaster of Paris cast can take up to 48 hours to dry completely. A synthetic plaster takes up to 30 minutes.

Things to do

- Keep your arm/leg elevated as much as possible.
- Remove any rings.
- Exercise joints: fingers / toes – this is to stop stiffness where possible.
- If plaster of Paris, keep your plaster dry.
- If a polyester cast, you may get it wet but drain well afterwards.
- Do not scratch under the cast with an object.
- Do not powder or lotion under cast.
- If you have a cast on your leg do not put weight on your cast unless advised to do so by your doctor.
- Call the clinic if the cast becomes loose, falls off, breaks, cracks, gets wet or becomes uncomfortable.
- If you notice excessive swelling, pins & needles, numbness, a change of colour or coldness of your fingers/toes - **ELEVATE** your arm/leg for 30 minutes and if no improvement is noticed within 30mins **CALL THE CLINIC IMMEDIATELY.**