

‘Soft cast’ plaster

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Soft cast plaster is a semi-rigid, rubber type casting material which is less harsh to the skin than a full resin plaster cast. Usually used on children or specific types of fracture where this plaster would be more comfortable.

Polyester cast is touch dry within a few minutes but takes at least 45 minutes to set completely.

Removing a soft cast plaster

Removal of this type of plaster is ideal for younger children as it can be unwrapped by hand without use of the plaster saw.

I was told to remove this at home?

Quite often a child will be put into this type of plaster. The parent/caregiver will be able to remove it at home. To do this:

- Find the end of the plaster and pick it,
- Pull the ends and unwrap until you get to the folded over stockinette and unfold it,
- Unwrap this layer and gently remove the stockinette.
- **We do not recommend the use of scissors at home to remove any of this cast.**

The limb may be stiff for a while. Commence gentle mobilisation at this stage. If this does not get better and do you not have an appointment to come back, phone the outpatient department or plaster room for advice.

What should I look out for?

If you have any issues with the plaster such as:

- rubbing,
- it gets tight or loose,
- it gets wet,
- unknown pain,
- discharge or staining,
- or you have any concerns

Just phone us on the number overleaf. It is also very important you don't stick anything down it as this can cause additional problems.

Removable plasters

You may be given a removable plaster which you can take off and on as told to by an orthopaedic practitioner or clinician using Velcro tabs. Using this type of material makes it easier to remove and is a little less harsh than the full polyester plaster. This is dependent on the injury.

If you have any concerns or queries regarding your plaster, please do not hesitate to contact us on the number below.

Contact details (Poole)

Plaster room
Telephone: 0300 019 2140

Emergency Department
Telephone: 0300 019 2202

Please note: our telephone lines are open from 9am to 5pm however a 24 hour answerphone service is available and we will get back to you as soon as we can.

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