

# 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.**