

Your Cast

This booklet is to show you how a cast is put on and removed, step-by-step and using pictures. We hope it helps.



How a cast is put on

These are the materials we use:

- Plaster
- Wool
- Stockinette



1. If you have a sore arm

We will get you ready to have a cast put on like in the picture.



2. First is the stockinette

The stockinette is like a tube that goes around your arm. It is nice and soft.



3. Second layer is the wool

It is soft and fluffy and comes in a long strip that is wrapped around and around your arm.



4. And now the plaster

It is warm and soft when it goes on. There might be some drips of water but they can be dried away.



Soon it goes hard

... to protect the your sore arm.



After a few weeks

The cast will need to be taken off with a special saw. The special saw can only cut through plaster. It shakes from side to side and sometimes it can tickle. It can be loud but we do have something to put on your ears if it gets too loud.



Having the plaster off

The staff also use scissors and sometimes a special plaster cutter to get the cast off. It's nearly finished now then hopefully I will be able to wash my arm.



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