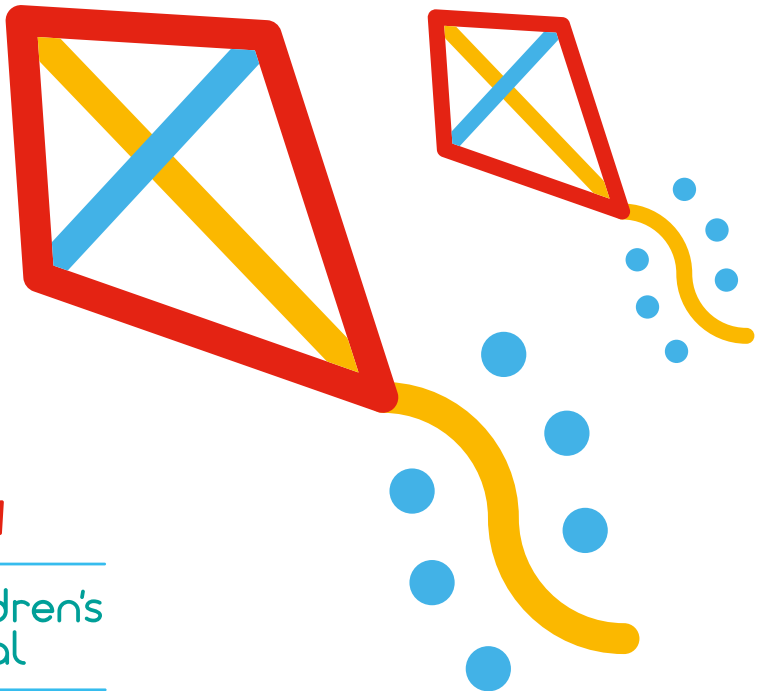
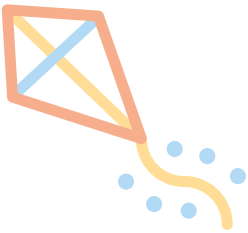
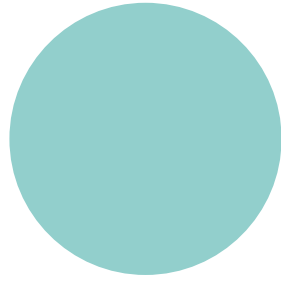
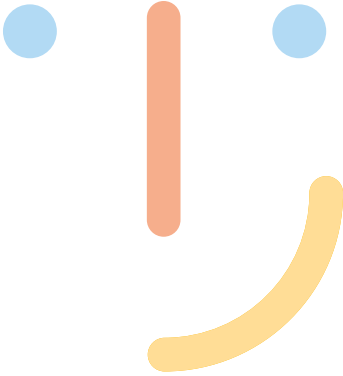
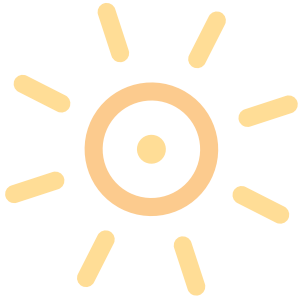


Removal of a Plaster of Paris (POP) cast

Information for parents





Dear Parent / guardian

Your child has had a broken bone and requires to be in a “Plaster of Paris” (POP) cast for a few weeks until the bone has healed.

What is Plaster of Paris (POP) cast?

“Plaster of Paris” cast is a particular type of plaster cast that is designed to protect the broken bone whilst it is healing.

Instructions after application of a POP cast

- If the fingers / toes become swollen, painful, blue, numb, pins and needles or cold, report to the Emergency Department, Minor Injuries Unit or your own doctor at once.
- Elevate the limb for the first 48 hours or as instructed.
- Keep all joints not enclosed in the plaster moving freely especially fingers / toes.
- If the plaster is uncomfortable through being too tight, or through rubbing becomes damaged or broken, telephone the Plaster Room.
- Do not get the plaster wet.
- If you have any worries about the plaster, contact the Plaster Room.

How to remove a POP cast

The doctor in fracture clinic will have explained when the soft cast can be removed safely. This is likely to be 3 - 4 weeks after the injury. One of the advantages of a POP cast is that it can be removed at home once this time is up by following these simple instructions.

Do not use scissors or any power machines.

Step 1: Soak it in a bucket filled with warm water



It will take 20 - 30 minutes before the cast becomes soft.

Step 2: Find the nobble



Step 3: Unwind the cast



Step 4: Remove the wool layer and the stockinette



After care

After the removal of the cast, your child may have some stiffness which usually goes away on its own within a few months. Physiotherapy is not necessary but you will be shown exercises to get normal strength and movement back.

If the clinician requests a further appointment, you may be given a phone consultation after the cast has been removed. If not, or you have any concerns after removal of the cast, please contact the nurse specialist team.

Your child should not play any contact sports for a further 4 - 6 weeks.

Useful contact numbers

If you have any questions or concerns, please contact:

Children's Orthopaedics Nurse Specialist Team:

(Monday - Friday, 8.30 am - 5.00 pm)

Tel: **0113 3928570**

Plaster Room (Leeds General Infirmary):

(Monday - Friday, 8.30 am - 5.00 pm)

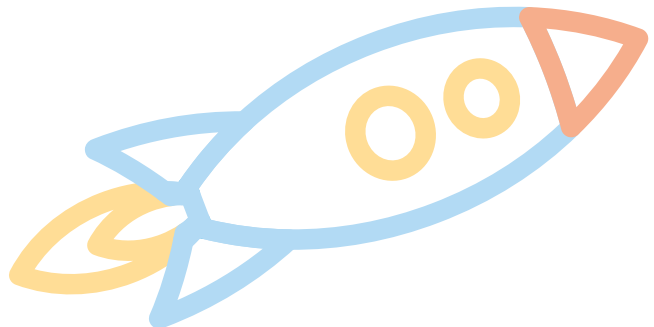
Tel: **0113 3925717**

The present leaflet was produced during the COVID-19 Pandemic.

It was approved by the Governance Committee within the Trauma and Related Services CSU, Leeds Teaching Hospitals Trust (March 2020).

If you have any queries, please contact:

Mrs Laura Deriu, Consultant Orthopaedic Surgeon, Leeds Teaching Hospitals Trust.





What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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