

Application of a plaster cast seems to be easy. But it is only a make-believe. The wrong use of this kind of dressing may cause many complications, for instance local skin maceration, skin injuries or pressure on the blood vessels which may cause necrosis. That is why we have to do everything we can to protect the skin and the outgrowths under the cast against abrasions and prevent the itching, providing the patient with comfort. A correctly applied cast may free the patient from the pain and enable to move the limb despite the trauma.

1



Prepare a water bath of temperature 20-22°C. Keep the recommended water temperature! Colder water extends, and hotter water shortens the moulding and setting time, and increases the amount of heat emitted by the cast after setting. It is unacceptable to use water of temperature above 25°C.

2



Put on gloves.

3



Cut off the needed length of a tubular bandage. It should be longer than the body part you apply the dressing on. In case of an arm dressing cut out an opening for the thumb. Apply the tubular bandage on the injured body part to protect the skin against maceration and the outgrowths against abrasions.

4



Put an orthopaedic padding on the tubular bandage. The padding should be applied densely to avoid any folds. It protects the skin against the temperature and pressure from the cast and limits the risk of abrasions.

5



Rip off the padding ending and smooth it. Uneven endings join perfectly with each other, fixing the dressing without using an adhesive tape.

6



Roll up the endings of tubular bandage. This protects the skin against injuries caused by the cast edges.

7



Take out the P.o.P. bandage from the packaging and dip it in water at the angle of 45°. The dipping time should not be longer than 5 seconds. If you use more than one bandage dip them separately!

8



In the end lightly squeeze the bandage in water. The short dipping time influences the toughness and quality of a ready plaster cast. It is unacceptable to leave the cast in water!

9



After taking out from the bath squeeze out the excess of water.

10



Apply the bandage circularly, putting the next layer about 1/3 higher than the previous one. If needed, dip and apply the next bandage/bandages to create a firm cast.

11



Mould the plaster dressing keeping the moulding time appropriate for the applied type of the cast.

12



After the application of the dressing provide full air circulation for about 20-25 minutes.