



Taking care of your removable cast

This leaflet explains how to look after the removable cast used in the treatment of your injured limb.

What is a removable cast?

It is a cast that can be safely removed (and replaced) under the advice of your doctor. Your cast has been made flexible in some places and rigid in others (known as an FRC – focused rigidity cast). It may be held in place with Velcro straps or a bandage. The doctor will talk to you about when your cast may be safely removed and the Plaster Room staff will show you how to do this.

Removing your cast for physiotherapy or wound checks

If the doctor has said the cast is to be removed for physiotherapy or for wound checks, then it should not be removed at any other time as it may affect your injury and slow down recovery.

Removing your cast for bathing

If the doctor has said you may remove your cast for bathing you may need someone to help you to do this. It is important that you do not walk on your injured leg or lift with your injured arm without your cast on.

How to safely remove and replace your cast:

- Undo the straps or bandage.
- Spread open the flexible section of the cast and lift the limb free of the cast.
- To reapply, reverse the procedure, but make sure the limb returns to the correct position and is a good fit.
- If you have been advised by the plaster room staff that the white stockinette (liner) can be removed or changed, you must ensure this is replaced before re-applying the cast.
- Make sure the straps or bandage are firmly fastened, but not over-tight.

Dos and Don'ts:

- ✓ DO elevate your limb when resting.
- ✓ DO keep unaffected joints moving; this will prevent or reduce swelling, stiffness and promote healing.
- ✓ DO keep your cast dry.
- ✓ DO contact the plaster room if you have any problems, these might include:
 - The cast digging in or rubbing your skin.
 - A burning sensation anywhere around or under the cast.
 - Changes to the colour of fingers or toes (except bruising).
 - Changes in sensation.

- ✗ DON'T cut away parts of the cast or push things down your cast, this can cause problems.
- ✗ DON'T stop wearing your cast until the doctor has said it is safe to do so. You may feel much better, but your injury may not be fully healed.

Other information

If you are concerned or have any other questions, do ask the staff in the Fracture Clinic or Plaster Room, open Monday to Friday 8.15am to 5pm.

At other times please contact your GP or the Emergency Department (A&E).

If you have any problems or concerns you may contact either:

Plaster Room: 0118 322 7040

Fracture Clinic: 0118 322 7553

Emergency Department (A&E): 0118 322 7022

Your GP: _____

Friends and Family Test

Whatever your experience, you can give feedback by completing the Friends & Family test by going online www.royalberkshire.nhs.uk/patients-and-visitors/friends-and-family-test/ or using the link sent to you in an SMS text message.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Plaster Room, RBFT Orthopaedic Outpatients, August 2025

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