

CAST REMOVAL

The removal of the cast is a very simple procedure, which takes only 15 minutes, and has no pain or side effects and will be performed by the doctor.



1. Please wear loose, comfortable clothing on the day of cast removal & carry your doctor prescription and relevant reports.
2. A cast saw is used to remove the orthopaedic cast. The saw does not cut the skin but the blade may get heated up during the procedure which may cause slight discomfort.
3. Since the cast saw is attached to a vacuum, it tends to make a lot of noise, if you find the noise scary/uncomfortable please let us know we will provide you ear buds.
4. A special scissor is used to finally cut the cast off.
5. After removing the cast, your skin may look dry and pale. The hair on your limb may seem darker and dense than usual, the muscles of your limb may appear smaller and weaker because your movements were restricted in the cast. This is normal.
6. The area is cleaned with an antiseptic solution, using cotton and tissues and a crepe bandage is applied for support.
7. The doctor will try moving your limb, very gently to check mobility.
8. You will be required to get an X-ray done, for the doctor to view, before recommending physiotherapy / exercises for you.
9. If your limb was in a cast for 3 weeks or more, soak your skin in warm water for 20 minutes twice a day for the first few days after the cast is removed. Gently rub your skin dry with a soft towel.
10. Always apply lotion after you clean the limb. This will keep your skin soft, help in faster healing and reduce itching sensation. Lotions made with cocoa butter work well. Avoid shaving / waxing until it is completely healed.