

## CAST REMOVAL



### Overview:

*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.*

#### Pre Procedure:

- Please wear loose, comfortable clothing on the day of cast removal.
- Please carry your doctor prescription and relevant reports.

#### During Procedure:

- A cast saw is used to remove the orthopaedic cast. This saw is an oscillating power tool which uses a sharp small toothed blade, rapidly vibrating back and forth over a small angle to cut the cast.
- Assure the patient that the procedure is safe. The saw does not cut the skin but the blade may get heated up during the procedure which may cause slight discomfort. You may also feel a slight tickling sensation.
- 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.
- A special scissors to finally cut the cast off.
- After removing the cast, your skin may look dry and pale. The hair on your limb may seem darker and dense than usual, which is normal.
- The muscles of your limb may appear smaller and weaker because your movements were restricted in the cast. We call this “muscle atrophy.” This is normal and will take a little longer for your muscles to develop.
- The area is cleaned with an antiseptic solution, using cotton and tissues and a crepe bandage is applied for support.

- The doctor will try moving your limb, very gently to check mobility.

#### Post Procedure Instructions / Recommendations:

- You will be required to get an X-ray done, for the doctor to view, before recommending physiotherapy / exercises for you.
- Your skin will be very sensitive for the next few days, so you need to treat it gently. You may be tempted to scrub or scratch all the dead skin off your limb. In such a case, we suggest, you gently wash it with mild soap and warm water using a soft cloth or gauze pads.
- 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. Rubbing the skin too hard may damage the new skin.
- Post cast removal, you may notice stiffness or swelling in the limb, as it continues to heal. You must continue supporting the limb adequately and get back into gradually using it, first starting with small, easy movements and work your way up to using the limb fully.
- Always apply lotion after you clean the limb. This will keep your skin soft, help in faster healing and reduce itching sensation. Choose a fragrance-free lotion because perfumes can irritate skin as it is delicate. Lotions made with cocoa butter work well.
- If you've just had a cast taken off your limb, avoid shaving / waxing until it is completely healed. This will give your skin time to recover.