

Quick Cast Card

Indication	Distal radial or ulnar fractures in children over 8 years of age Buckle fractures are ideally treated with wrist splints
Upper Limit	3-4 fingers below the ACF
Lower Limit	Distal palmar crease
Position	Elbow at 90°, forearm and wrist in neutral, fingers free



Gather materials:

- Soffban
- Plaster sheers
- Plaster of Paris rolls
- Lukewarm water bucket

Clean the skin gently with soap and warm water and gently dry.

Applying the cast:

- The first layer of padding should wrap around the limb in two complete rotations prior to advancing the roll, creating 2 layers of padding at the proximal most aspect.
- Commence plaster wrapping. Start distally to the injury ensuring not to breach the limits of the softban wrap.
- Unroll the plaster of Paris rolls over the limb, taking care not to pull excessive tension on the roll.
- The first layer of plaster should complete two full rotations directly over each other prior to advancing the roll down the limb.
- Continue to advance the plaster roll down the limb, wrapping 66% to create 3 layers of cast.
- Upon reaching the hand, ensure casting terminates prior to the distal palmar crease.
- Advance the cast between the thumb and fore-finger by creating a curved cut and continue.
- 2 Layers of plaster between thumb and fore finger are sufficient.
- Upon completing the first roll of plaster fold the soft ban edges back over the plaster layer to create an edge at the distal and proximal aspects.
- Repeat the plaster roll wrap again starting proximally, capturing the rolled back softban edges, and advancing down the limb creating 6-8 layers of plaster.
- Laminate plaster layers by rubbing plaster between flat palms.
- As the plaster hardens and dries, it warms up.
- Place the drying cast on a pillow and allow to set for 20 minutes prior to application of sling.

Families may prefer a collar and cuff style sling. This can be provided with clear instructions to only use the collar and cuff sling after the initial 48hr period as any earlier will damage the cast.

Discharge:

Have your cast checked by a credentialed nurse.

Discharge with cast care advice and on appropriate cast related pressure injury prevention bundle.