

Quick Cast Card

Indication	Phalanx and metacarpal fractures
Upper Limit	3 fingers below the ACF
Lower Limit	Finger tips
Position	Wrist slightly ventrally angled and fingers at 90 bent at MCPs. Elbow can rest on bed.

Gather Materials:

- Crepe
- Plaster Slab
- Brown tape
- Soffban
- Plaster shears

- Clean the skin gently with soap and warm water and gently dry.
- The slab is measured on the unaffected hand and shaped as pictured.

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.
- Place the arm in correct position, Entonox may facilitate ideal positioning.
- Concertina the slab and submerge into lukewarm water.
- Apply slab to the forearm ensuring the thumb remains free, and extend to the finger tips.
- Gently mould the cast to ensure the MCPs are flexed at 90 and the wrist is slightly cocked back.
- Overwrap with crepe and secure with brown tape.
- Apply an additional length of tape down the dorsal aspect of the cast to prevent rolling.
- Allow to dry for 20minutes before applying a broad arm or triangular high elevation.

Discharge:

- Have your cast checked by a credentialed nurse
- Discharge with cast care advice and on appropriate cast related pressure injury prevention bundle

