

How the Plaster is Removed

- The plaster can be removed once the fracture is healed, as recommended by the doctor
- An electric plaster saw is used to remove the plaster
- The patient must not move the plastered limb during plaster removal
- During the process, the saw generates a loud noise. The affected limb may feel some warmth and vibration. No harm will be done to the patient, as the saw is safe for removing plaster
- Since the skin beneath the plaster often becomes dry, clean the area with mild soap and warm water, then apply lotion after drying



The process of plaster removal



The electric plaster saw

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Closed on Sundays and Public Holidays

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骨科及運動醫學中心
Orthopaedic & Sports Medicine Centre

Plaster Care



養和醫院
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OSMC 0071/HE-03-102016

What Is a Plaster?

The traditional plaster is made of bandage and impregnated with calcium sulphate salt.

Modern ones are made of plastic materials, which are lighter, firmer and promote better ventilation.

Indications for Use of Plaster

- To hold the fractured segments in the best position
- To protect injured or repaired soft tissues
- To maintain the limb in functional position



How to Apply the Plaster

- Clean the limb to which the plaster is applied
- Apply layers of cotton and soft materials to the limb
- When the plaster hardens, it will release heat and the patient will feel mildly warm in the limb
- With traditional plaster that hardens in 5 to 10 minutes, it takes 2 to 3 days to dry completely
- With modern plaster, it takes only 20 minutes to dry completely

How to Look after the Plaster

- Before the plaster is completely dry, always place it on soft surfaces such as a pillow. Do not rest it on any sharp object or place any heavy object onto it
- If the skin inside the plaster itches, do not use sharp objects to scratch inside the plaster. Ventilating with a fan often brings relief
- Take care of the edges of the plaster and the skin areas surrounding it. Clean the non-covered area daily
- Do not wet the plaster. Wrap the limb in a plastic bag when bathing
- If there is any problem with the plaster, please return to the Hospital anytime. Do not try to remove it yourself
- When plaster is applied to the upper limbs, the fingertips should be placed above the heart level. Use supporting aids when standing, walking and doing other activities. When plaster is applied to lower limbs, place a pillow underneath to reduce swelling and pain
- Exercise the movable body parts as often as possible to improve circulation, reduce swelling and prevent muscle wasting



Return to the Hospital When the Following Happens:

- The plaster becomes tighter and tighter and causes pain or excessive swelling
- Finger or toe tips feel cool. Nails are bluish or excessively white in colour
- Increased numbness and weakness of the injured limb
- Skin sores around the plaster
- Foul smell or discharge from the plaster
- The plaster is broken, loosened or softened