



I need a plaster cast (backslab)

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1



My doctor or nurse says I need a cast. This is sometimes called a 'backslab'.

2



I can have medication to help with comfort before we start. This might be medicine that I can put in my mouth and swallow, or medicine that a nurse sprays up my nose.

3



My clothes will be protected from getting dirty. A smooth, sock-like sleeve will be placed on my arm. Then, a soft, protective layer is wrapped around my arm. My job is to keep my arm still while the plaster cast is put on.

4



My arm is measured so that the plaster can be cut to the correct length. Plaster is placed in water to make it wet, so it can fit snugly around my arm and help the bone heal.

5



The plaster is placed over the soft layer on my arm, and pressed into position.

6

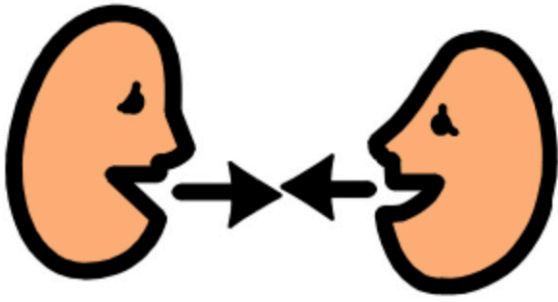


The plaster is wrapped with a bandage, to keep it in the right place. It might feel warm as the plaster dries.

7



I may need another X-ray now that the cast is done, to check the position of the bone.



My job is to not press the plaster against anything hard or sharp until it is dry. It is wet for one hour, but stays soft for 24 hours.

Now that I am finished, the nurse or doctor will tell me what needs to happen next.