Step by step guide to making a plaster cast

Supplies/Equipment Needed:

- Scissors
- Plastic sheet
- Liquid soap (i.e. dish soap)
- Small bucket
- Gloves
- Plaster bandage
- Marker/Pencil



Step 1. Prepare plaster bandage

a) Cut two slaps of plaster bandage (triple thickness) the length from the PIPJs to approx 4cm distal to the elbow; one is a dorsal slab and one is a volar slab.
b) Cut a notch in one slab to accommodate the thenar eminence
c) Cut one shorter piece of plaster (triple thickness) approx 1/3 the length of the forearm then cut it in half lengthwise to create dorsal and volar thumb slabs



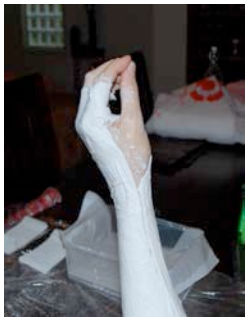
Step 2. Patient prep

a) Lay the plastic sheet on your working surface
b) Mark bony prominences with marker/pad as needed
c) Soap the patients forearm and hand generously with liquid soap

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d) Position the patient in a seated position with their elbow comfortably supported on the table

e) Position their forearm on neutral; wrist 10-20dgs extension; thumb in opposition to the pads of index and long finger; MCPs in slight flexion to maintain the arches.



Step 3. Plastering

a) Wet the dorsal piece of plaster and apply it to the dorsal forearm extending to the PIPJs

b) Smooth the surface around the ulnar border then fold the edges back approx 1cm on the radial side

c) Wet the volar piece and apply to the volar forearm up to the level of the PIPJs. Smooth well into the palmer arches.

d) Smooth the surface well, overlapping on the ulnar side and fold back the radial side where it meets the dorsal piece

e) Wet one off the thumb pieces and add to the dorsal slab again folding back at the radial side

f) Wet and add the last thumb piece to the volar slab. Fold back the radial edge where it meets the dorsal thumb slab

g) Smooth and mold well in the web space

h) Mark across the radial seam with a pencil, on several locations so that the cast can be rejoined accurately after removal.





Step 4. Removal

a) When plaster dry have patient begin to wiggle thumb and fingers until the plaster lifts off of their skin

b) Pry open the plaster along the radial boarder and gently the hand

c) While the patient washes up, approximate the radial seam using the pencil lines as your guide and join it with a double layer of plaster bandage

d) Cover over finger and thumb holes with double layer of plaster bandage

e) Call me to arrange pick up or delivery 👌👌





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