

Removing the cast:



Cut off the cast with normal scissors



Open the cast and slide the arm out

If it is too difficult to cut the cast;



Soak the cast for 10 minutes in a basin of water or in the bath as part of bath time. Then unroll the cast;



Find the end of the roll of the cast and unroll the coloured strip. This may need a few tugs as it will be sticky- this will not affect the healed fracture. Keep unwrapping till there is no coloured bandage left, then slip off any padding. The bandage and padding can be thrown away in a normal bin.

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