

Delta Cast Basics

Prepare Items:

Small bucket of water

Rolls of cast tape

Inexpensive bandage scissors (for cutting wet cast tape, sticky back Velcro, fleece edger, etc)

Nice black and gold scissors (for cutting dry cast material only). Take good care of these!

Plastic cutting stick (Zip Stick)

Terri Net Stockinette

Foam padding

Felt padding

Fleece edger

Sticky back hook Velcro (BSN brand)

Stretch loop strapping (BSN brand)

Purple gloves

Towel

Gown to protect patient and clothing, if necessary

Things to Keep in Mind:

Use inexpensive bandage scissors to cut wet cast tape and sticky materials

Use special, expensive BSN black and gold scissors (8" Clean Cut Scissors) for cutting dry cast material ONLY. Item number 28230.

BSN 6" Clean Cut Scissors are useful. They have pointed tips to use carefully. Item number 28235

We use heavy duty shears to cut the cast AFTER it has been removed from the patient:
Sammons Preston 5599-88-11 Kretzer Heavy Duty Shears.

Cold water slows curing rate (conversely, warm water speeds cure rate)

Dipping roll of cast tape without squeezing slows curing rate (conversely, squeezing roll speeds cure rate). There is no need to squeeze the roll after submersion.

Can slow curing rate even more by simply misting the cast tape (after application)

Purple glove tips:

- Wet purple gloves if they become sticky during cast application
- Once cast is set, take off the gloves and **WASH THE POWDER OFF YOUR HANDS** before touching the cast. The powder interferes with the adhesive of the sticky back Velcro and the fleece edger

Explain to pt that the cast may feel warm and a bit tight during application/before cutting

Stretch about 50 %

Overlap about 50 %

1 layer: very flimsy

2 layers: good rigidity, cut-able

3 layers: very rigid, hard to cut

4 layers: totally solid, impossible to cut

Do NOT forget cutting stick (you will do this once and then never again)

Extra room at thumb and metacarpal heads

Location for extra rigidity if desired

Continued... Things to Keep in Mind

For smaller, more delicate splints, use a wide (at least 2") strip of webbing material, double-layer instead of the Zip Stick .

For elbow splints:

- Fan-fold technique for rounding the elbow angle, or
- Cut into the cast tape as you bring the tape across the anterior surface at the elbow to thin out or de-bulk the material there.
- 3 layers of 3" for rigid posterior strip. Start at wrist, up to proximal end, back to wrist, back to proximal end (=3 layers), then begin circumferential rolling from proximal to distal. Will take about 2x3" or 1x3"+1x2", or
- Make a strut that is separate from the material used for rolling the cast.
- Two pairs of hands helps A LOT especially when you are learning.

Cutting the splint open can be made easier by gently squeezing it together on either side of the cutting line. This lifts the cast away from the skin.

Sometimes skin can be pinched along the splint closure area. Mold a thin-ish strip of aquaplast to the skin in that area. Splint closes over it. Functions like a tongue in a shoe.

Avoid putting foam where you will be cutting

One long sticky back Velcro piece per strap

Strap ends should pull from middle of sticky back Velcro piece (reduces pull off of SB Velcro piece)

Plan ahead!!

Be creative!!

Use Goo Gone Painter's Pal (silver colored spray bottle) to clean black & gold scissors.

Spray scissors and leave overnight in a sealed container (it smells a bit). Plastic take out containers are useful.

Wear protective gown until you are very good. Stuff gets on you and never comes off.

Protect patients' clothing.

Mike's dorsal/volar reinforcement for wrist splint. Long doubled piece, cut almost all the way through, connect piece goes through web space and two sets of two layers go on volar and dorsal aspects of forearm.

For thumb spica: one layer (10") folded on dorsal aspect of thumb (HIGH), fold thumb terry-net, proceed to roll thumb spica. This helps make sure dorsal part is high enough.

Thumb hole cutting trick: Pull stockinette sleeve on, find where you want hole, pinch, cut tiny hole, pull sleeve down, stick thumb through hole.

Elbow splints: figure 8 at elbow as you approach from above or below.

Elbow splints: conformity above condyles to hold splint on.

Wrist splint: hole for at distal palmar crease (just prox to metacarpal heads) should slant down considerably. This will allow easier don/doff.

Put SB Velcro on splint before fleece edger.

Wet and apply reinforcer piece of cast tape before wetting entire roll of cast tape. Buys a bit of time

Order from skin to outer layer:

Skin

Objects to add room (thumb, metacarpal heads, olecranon)

Cutting stick (slip under AFTER applying stockinette)

BSN Stockinette (2" for wrist, 3" for elbows (adult))

Foam padding

Double check that cutting stick is in!!

Cast tape for focused rigidity

Cast tape for splint

Estimates: One roll of 2" for forearm splints, 2x3" or 1x3"+1x2" for elbows

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