



Care of your child's plaster cast

Patient information Leaflet

May 2020

Once your child is discharged you will need to take some care of their plaster cast.

If your child has a plaster of paris cast:

- The cast will take at least 48 hours to completely dry – during this time do not write on the cast as this can cause indentations to the soft cast underneath and can lead to sores.
- Always allow the cast to dry naturally – do not sit by the fireplace or use the hairdryer to try and speed up the drying process.

If your child has a fibre-glass plaster

- The cast will dry within minutes of applying.

Care of both plaster of paris and fibre-glass plaster

- Continue to move all fingers/toes and ensure that your child continues to move joint above plaster – this will prevent stiffness or swelling.
- Do not get the plaster wet.
- Do not poke any objects down the plaster if it itches as this can cause sores.
- Do not put any weight on the plaster until completely dry – as per doctor’s instructions.
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What to look out for

- Numbness or pins and needles in the injured arm/leg.
- Inability to move fingers/toes.
- Blueness of fingers/toes – or very cold.
- If the plaster becomes tight
- Any pain, burning or rubbing felt underneath the plaster.
- Any severe pain that is not relieved by pain relief and elevation.
- Any staining or smell from the plaster.

What to do if you have any problems

If you notice any of the above problems you need to contact the hospital for advice or go straight to the Accident and Emergency Department.

Monday to Friday 9am till 5pm

Ring fracture clinic on 0161 922 6236

Monday to Sunday 5pm till 9am

Ring the Accident and Emergency Department on 0161 922 6248

Your fracture clinic appointment will be sent to you by post – if you have not received this by please ring the fracture clinic on the number above giving your child’s name and hospital number.

Your child’s Consultant is.....

Your child’s hospital number is.....

Useful Contact Numbers:

- Children's Unit 0161 922 5252 (24 hrs)
- NHS Direct 111 (24hr helpline)
- You can also contact your GP for advice.
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Useful Websites/information:

- Department of Health (www.dh.gov.uk)
- NHS Choices (www.nhs.uk/conditions)
- NHS institute for innovation and improvement (www.institute.nhs.uk)
- NHS Improvement (www.improvement.nhs.uk)

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگویج، انٹرنپرائٹیشن اینڈپیشٹ سپورٹ سروس (لپس) (Lips)

اگر آپ کو اپنی اپائنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

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