

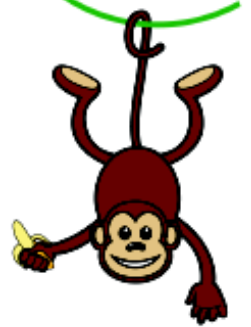


## Caring for your cast



**You've got your new cast, so now what?**

**Here's your easy guide to looking  
after your cast!**



### About your new cast

Your cast is made of stockinette, wool and a hard covering! Either plaster of paris (the white powdery material similar to mod rock you may have used for crafting!) or a synthetic, light weight material which comes in many colours.

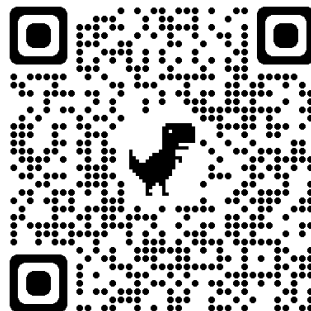
What colour did you choose?

The cast helps to stop your broken bone from moving which helps with the pain. Your cast helps your bone and surrounding tissues to heal.

**Now you've learnt what your cast is made of and why you have to wear one...  
how do we take them off?**

We use a special machine to take off your cast! It makes a very loud noise and vibrates very quickly to cut through the hard material of your cast. We then use special safety scissors to cut through the wool and stockinette.

Check out one of our favourite TV shows 'Operation Ouch' to learn all about casts and see a video of one being taken off!



## Looking after your cast

### Do's

- You must keep your cast clean and dry. If your cast is wet your skin may get sore.
- Keep your arm raised up to help with any swelling. You could use a sling to help you!
- Keep your fingers and toes wiggling. You could play rock, paper, scissors with a friend to help you keep moving!
- Keep your leg rested on a stool or straight out on the sofa using a pillow underneath but make sure your heel is floating in the air!



### Don't put anything down your cast! If you have an itch to scratch try our 3 top tips!

- Tap the cast where it itches
- Scratch the opposite arm or leg
- Ask a parent or guardian to get a hairdryer, put it on cold and blow some cold air up and down your cast!

Your parent or guardian might give you some medicine to help you called antihistamines.

### You must let a parent or guardian know if...

- Your cast gets wet
- Your fingers or toes look a strange colour
- Your cast is broken or cracked
- Your cast feels tight or loose
- Your cast is making you sore, like when you get a blister from new shoes!
- You put anything down your cast

### DID YOU KNOW?

You can decorate your cast with marker pens!  
Our cast colours are great..but we love to see your artwork more!

Here are some pictures of one of our friends having a cast taken off.

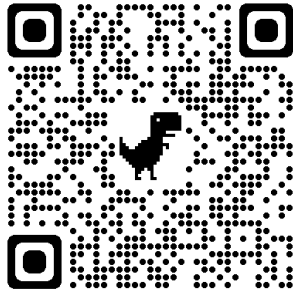
### Arm Cast



### Leg Cast



You can also follow this link to **'Operation Ouch'** for more information about broken bones, casts and cast removal (did we mention its our favourite show!!)



### DID YOU KNOW?

When you break a bone, it normally takes around 4-6 weeks to heal!  
Our bodies are amazing!

**If you have any problems with your cast or need to speak to an orthopaedic practitioner you can call:**

Orthopaedic Plaster Room  
Huddersfield Royal Infirmary  
Monday - Friday 9am - 5pm  
Tel: 01484 342563

### Outside of these times you can contact:

Accident and Emergency  
Huddersfield Royal Infirmary  
Tel: 01484 342020

Accident and Emergency  
Calderdale Royal Hospital  
Tel: 01422 223842

### DID YOU KNOW?

The femur (your thigh bone!) is the longest and strongest bone in your body!

**If you have any comments about this leaflet or the service you have received you can contact :**

Orthopaedic Plaster Room  
Huddersfield Royal Infirmary  
Monday - Friday 9am - 5pm  
Tel:01484 342562

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce,  
obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych  
informacji w innym formacie lub wersji językowej,  
prosimy skontaktować się z nami, korzystając z ww.  
danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"