

# Advice for parents whose child has a plaster cast



## The plaster cast

Keep the plaster CLEAN and DRY, do not immerse in water. Allow the plaster to dry naturally, it may take up to 24 hours, you will be advised how long it will take by our nurse. Do not use a hairdryer on the cast, let it dry naturally. Do not insert anything under the cast, to scratch an itch, as this will cause damage to the skin.



## If you notice any of the following, please contact ward 4 at the Huddersfield Royal Infirmary:

- If the cast becomes tight, loose, cracked, soft or broken.
- If the cast rubs or presses against the skin causing irritation.
- If there is any excess leakage through the cast or it becomes smelly.
- If pain under the cast becomes severe or constant.
- If you notice any of the following affecting your child's toes/fingers.
  - Marked swelling of the toes / fingers.
  - Numbness / loss of sensation / pins and needles.
  - Difficulty in movement in the toes / fingers.
  - Marked blueness or whiteness of the toes / fingers.

## Pain

Some children may suffer some discomfort for the first few days. Pain relief such as Paracetamol and Ibuprofen should be given as per instructions from your nurse prior to your child's discharge.

## Care of your child's leg / arm

Encourage your child to move their toes / fingers regularly. When sitting down you child should have their leg elevated on a stool or sofa. When in bed, place leg on a pillow, this will prevent swelling of the toes or foot. The physiotherapist will provide crutches or frames if necessary and show your child how to use them correctly. Small children will need supervision, especially with stairs.

## School

Older children who do not find mobility a problem can resume school lessons when feeling well enough but will obviously not be able to join in games, PE or swimming etc.

## Contact Telephone Number

Weekends, contact:

Ward 4  
Huddersfield Royal Infirmary  
Telephone No: 01484 342482

Monday – Friday, contact:

Orthopaedic Out-patients  
Telephone No 01484 342773

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

Sister  
Paediatric Day Surgery  
Huddersfield Royal Infirmary  
Telephone No. (01484) 342111

[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

व तुम्हें इस जानकारी को किसी भी रूप में चाहिए, कृपया ऊपर दिए गए विभाग से संपर्क करें।

اگر آپ کو یہ معلومات کسی اور فارمیٹ میں چاہیں، تو براہ کرم 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"