

Parental information

Plaster cast

Your child has been given plaster cast. The drying time for a plaster cast is 24 hours.

Advice for *upper body* casts.

Use the provided sling for two days. Take it off at night, put it on in the morning.

Advice for *lower body* casts.

Don't put weight on the cast. You could cause the cast to split, or affect the fit and structural integrity of the cast.

Keep the body part with the cast on elevated above the heart when you are resting/sleeping to reduce swelling and pain. Leg casts should rest on cushions or pillows to elevate the cast, with the heel hanging over the edge, not resting on the cushion/pillow.

To keep blood flowing, encourage your child to wriggle their unaffected joints, fingers, toes, elbows, shoulders, knees etc.

Protect the cast from water and damp air. If the cast gets wet, the structure and stability can be affected. This can result in the broken bone/s not healing properly. Put a dry towel around the cast when showering and keep the arm/leg out of the shower. **Never** use a plastic bag to protect the cast from water.

If any of the following occurs, ring 1177 for advice.

- Cold, swollen or blue fingers or toes
- Reduced feeling or ability to move fingers or toes
- Pain that started when the cast was put on
- The cast is too big after the initial swelling has gone down

For questions about follow up appointments, ring 031-343 63 00

Children's emergency department



SAHLGRENSKA
UNIVERSITETSSJUKHUSET
VGR

Translated from Swedish by Kate Bramely-Moore, PhD, RN.
Swedish version written by Nydia Figueroa Realpe, cast technician and specialist assistant nurse.
Reviewed by Dr Ebba Fridh, orthopedic consultant.
Valid from 250925.