

Patient Information

Children's Emergency Department

Looking After a Plaster Cast: Parent/Carer Discharge Information



This leaflet contains advice and information about what to expect when your child leaves hospital with a plaster cast.

Why does my child have a plaster cast?

Your child needs a plaster cast to keep a particular part of their body immobile. It may restrict your child's movement and activities but it will give the best results in the end.

How to care for the plaster cast

- Encourage your child to exercise all joints that are not in the plaster cast, for example, fingers and toes
- Raise the affected area when resting, this will boost the circulation to prevent swelling
- Keep the plaster dry, do not allow baths or showers
- Do not push anything down the plaster, this could irritate the skin and cause infection
- Do not put talcum powder or creams inside the plaster. These become gritty when mixed with plaster which can irritate the skin and become sore
- Do not cut or heat the plaster.
- If the plaster becomes uncomfortable, rubbing or digging in, contact the plaster room on 024 7696 6909 during working hours. Evenings and weekends contact the Children's Emergency Department
Telephone: 024 7696 6932

What medication can I give to my child/adolescent?

Paracetamol and or Ibuprofen (if applicable) to be given for pain,



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Paracetamol 4-6 hourly last given at..... Ibuprofen 6-8 hourly last given at.....

Possible problems

Whilst your child is in a plaster cast, they should not feel pain but they may feel uncomfortable.

When to seek medical advice:

- If fingers or toes go white, blue and/or feel cold to touch
- Fingers or toes become swollen
- Your child complains of pins and needles, numbness or pain
- Your child feels the whole cast has become tight
- If there is any oozing or wetness under the cast
- If the plaster cast starts to smell
- If the plaster cast becomes loose, cracked or breaks

Return to school/activity

You will need to inform the school/college that your child has sustained an injury where they are required to wear a plaster cast. The school will also need to be informed that they will need to refrain from certain activities until they are fully recovered.

When the plaster is removed

Wash the area in warm water, gently pat dry and apply some non-perfumed moisturising lotion

Follow-up appointment

A follow-up appointment for the fracture clinic will be made before you leave the Children's Emergency Department

The Trust has access to interpreting and translation services. If you need this information in another language or format please ask and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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