

Children in a Flex Cast for Home Removal

Advice for Parents and Guardians

Your child has sustained a minor fracture to the wrist and has had a Flex Cast applied. This is to protect the injured limb and to relieve pain. The flexi cast is semi rigid. It is different from other Plaster room bandages as it can be carefully unwrapped at home at the end of treatment with no follow up required.

During the first 48 hours the limb should be elevated as much as possible.

This is to help reduce the swelling which often occurs after an injury. It is important to encourage your child to move their fingers or toes of the affected limb as this helps to prevent them from becoming stiff and sore.

If you have further concerns including:

- Increased pain
- Numbness or “pins and needles” sensation in the fingers or toes
- Swollen fingers, with difficulty moving them
- Blue appearance of fingers
- Cast becomes wet
- Any foul odours from inside the cast
- Any objects (coins etc) pushed inside the cast

Please call the Plaster Room for advice on **0131 312 0027**

We may ask you to attend the hospital for review of the injury or cast.

Pain

It is normal for there to be a degree of discomfort after an injury, however, this should not be severe. The recommended dose of your child’s usual painkiller such as paracetamol (Calpol®) and/or ibuprofen may be given. If the medication does not ease the pain, please call for advice.

The cast needs to remain in place for 2 weeks if 5 years or under or 3 weeks if 6 years and above. At the end of this time you can remove the cast at home by unwrapping the casting bandage carefully.

If you have any concerns while your child is in cast or once you have removed the cast, please do not hesitate to contact us on **0131 312 0027**