

Care of a Child in a Scaphoid Removable Cast

Information for Parents and Guardians

Your child has had a Scaphoid Removable Cast (RC) or splint applied. This is to help the injured wrist heal and to protect it. It will also relieve pain.

Why a removable scaphoid cast?

Scaphoid fractures are often very difficult to see on the initial x-rays. They can't always be confirmed until further examination or x-rays are taken at the review clinic. The RC or splint will help support the injured part but is easily removed and can be used flexibly depending on how painful it is for your child.

During the first 48 hours

The arm should be kept in the RC/splint and may need to be elevated in a sling in the first 48hrs to reduce the risk of swelling. Paracetamol can be taken as this is when the injury is most likely to be painful. Your child should be encouraged to exercise their fingers and hand by curling up the fingers into a fist and then stretching them out fully in repetitions of 5-10.

If further swelling occurs

You can loosen the RC/splint, or remove it to relieve pressure. Once the cast is removed, you should place the arm back in the sling. This will encourage the swelling to go down. If the swelling doesn't go down within a couple of hours or there is numbness or increased pain, you should contact the Emergency Department plaster room on **0131 312 0027**.

After the first 48 hours

The RC/splint can be removed three times a day for ten minutes to allow the skin to breathe and also to apply cream to relieve any itching. It is recommended to keep it on all the time at school, as it alerts people to the fact that your child has had an injury. It also protects the wrist from any knocks in the playground.

The above are guidelines. If the wrist is painful out of the RC/splint then put it back on. If at any time, the thumb becomes pain free out of the RC/splint contact the plaster room team between 9am and 7pm any day for advice on **0131 312 0027**.

Follow-up

You will be given an appointment card before you leave. Please make sure you hand it in to reception on your way out and the receptionist will give you a date and time to return to our clinic in about 2 weeks. If you are unable to attend for any reason, please contact reception for an alternative appointment.

Appointments: 0131 312 1547

Plaster room: 0131 312 0027

Nurse: 0131 312 0018

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