

Looking after a child in a cast

Information for parents and carers

Your child has had a cast applied. This is to protect the injured limb and to relieve pain.

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 the 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 or toes, with difficulty moving them
- Blue appearance of fingers or toes
- Cast becomes wet
- Any foul odours from inside the cast
- Condition of the cast
- Any objects (coins etc) pushed inside the cast.

Please call for advice on 0131 312 0007 or 0008 and ask to speak to the Orthopaedic Technician if available. We may need to ask you to attend the hospital for review of injury / 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 e.g. Paracetamol (Calpol) or Ibuprofen may be given. If the medication does not ease the pain, please call for advice.

Removing a soft cast

The cast needs to remain in place for weeks. At the end of this time you can remove the cast at home by unwrapping the bandage.

Follow-up

Most injuries heal very well and do not need any planned follow up. We do like to review some injuries at either an Emergency Department clinic or a fracture clinic and you may be given an appointment for this before you leave.

If you do not have follow up planned but have concerns after removing the cast, please call 0131 312 0007/0008 and a follow up appointment can be arranged. If you are unable to attend your planned follow up, please call this number to cancel or rearrange.