

Care of a child in a removable cast or wrist splint

Information for parents and carers

Your child has had a removable cast or splint applied. This is to help the injured area heal and to protect it. It will also relieve pain.

Why a removable cast?

Breaks to the bone or significant soft tissue (muscle/tendon/ligament) injuries can be managed with either a removable (soft) cast or a wrist splint. Both are easily removed and re-applied if required.

During the first 48 hours

The arm should be kept in the cast/splint and may be elevated in a sling in the first 48hrs to reduce the risk of swelling. Paracetamol and/or ibuprofen can be taken as required.

Your child should be encouraged to keep moving the fingers to prevent stiffness and help with swelling.

If further swelling occurs

You can loosen the cast/splint or remove it to relieve pressure. Once removed place the arm back in the sling or elevate it on a pillow. 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 contact the Emergency Department on 0131 312 0007/0008.

After the first 48 hours

The cast/splint can be removed 3 times a day for ten minutes to allow the skin to breathe.

It is recommended to keep the cast/splint on all the time at school, as it alerts people to the fact that you have an injury, it also protects the sore bit from any knocks in the playground.

It is recommended to wear the cast/splint for 7-10 days in total.

Follow up

After 10 days if your child is still having lots of pain, phone appointments:

Appointments: 0131 312 0007 (10am – 10pm) and book the next available Emergency clinic.

