



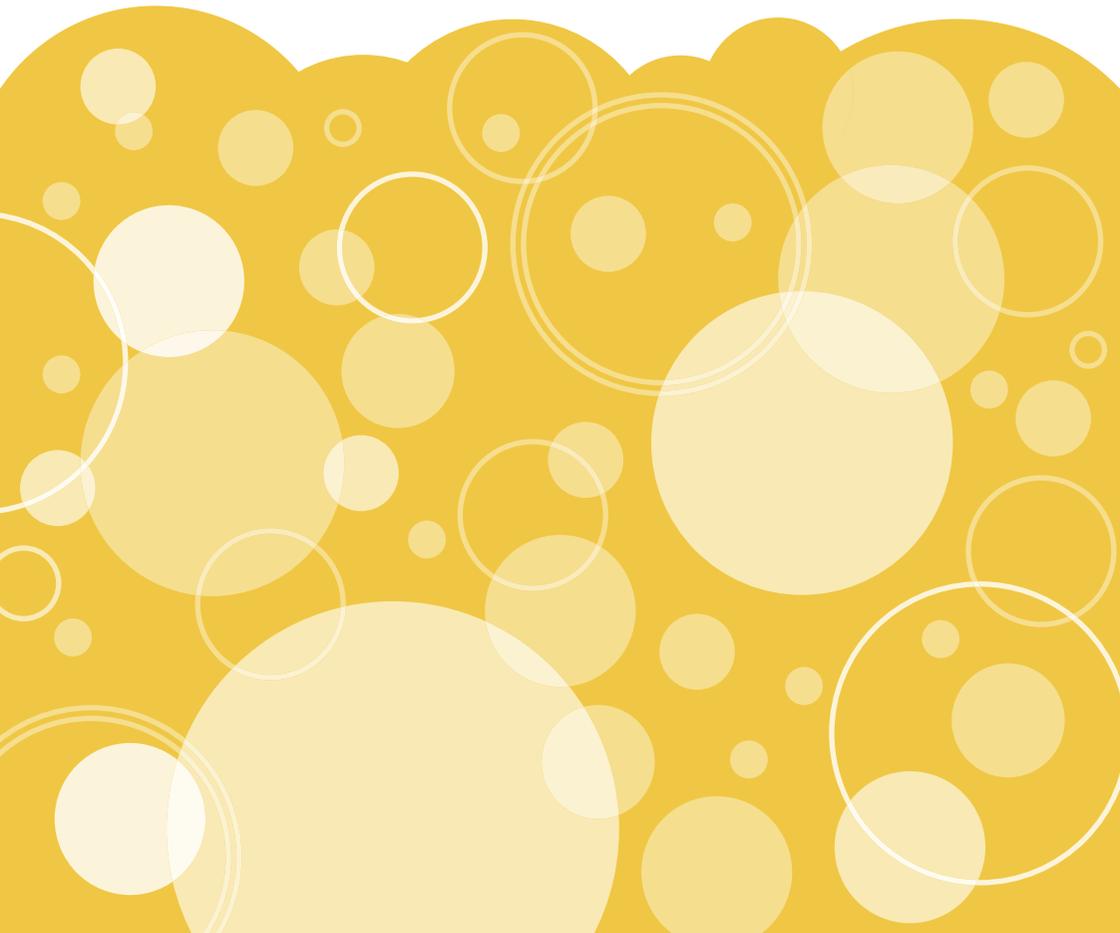
Royal National Orthopaedic Hospital



NHS Trust

Plaster Theatre

Instructions for children in an arm cast





This leaflet is a guideline for caring for your arm while in a cast. If you or your parent/carer have any concerns about your cast please contact the Plaster Theatre.

A cast is a splint used to support, prevent movement and help with bone healing following injury or an operation. There are different types of casts and casting materials and the type used will depend on the injury or operation you have had. There are also different colour casts available for you to choose from.

The way you need to look after your arm cast is the same, no matter which type of cast you have or materials used. Once you have an arm cast, you will need to keep your arm raised as this helps to reduce swelling.



You will be fitted with a sling/collar and cuff to support you and you must use these when you are up and about. When you are sitting or lying down, you may use cushions or pillows to support your arm in the cast, whatever is comfortable for you.

What should I do if my cast feels too tight?

If your cast feels too tight and your fingers become swollen, blue, very red or white and you have pins and needles, numbness and the pain is much worse, keep your arm raised on pillows. If after ONE HOUR, your fingers/hand do not feel any better, then you or your parent/carer must contact the Plaster Theatre IMMEDIATELY or go to the A & E Department at your local hospital during the night or at weekends.

If your arm/hand becomes too swollen, your cast will feel very tight and may restrict your circulation. Your cast may have to be split down the middle to make your arm/hand feel better. A bandage will be wrapped around your cast to keep your arm/hand in the correct position.

If you go to your local hospital with any problems, you or your parent/carer will need to make an appointment to have your cast reviewed in the Plaster Theatre as soon as possible. A doctor from the team who is looking after you may see you to make sure everything is okay.



What should I do if I am experiencing problems under my cast?

If you experience any burning sensation, 'blister' like pain, rubbing, wetness/stickiness or a nasty smell coming from under your cast, please contact the Plaster Theatre immediately. This may mean that a wound infection or a sore is developing. A 'window' (hole) can be made in your cast so that we can look at the problem area. The doctor may want you to take antibiotic medicine or have a special dressing put on or changed as necessary.

If a 'window' is left in your cast so that you can have dressings changed, Velcro straps will be used to open and close the window. The window should always be closed securely otherwise your arm may swell through the opening, which could make your skin very sore. Once the wound or sore has healed, the window should be closed completely and this is done using the same casting material.



What should I do if it feels itchy under my cast?

Please **DO NOT** put anything inside your cast to scratch as this can cut your skin and cause sores to develop, which may become infected. If anything accidentally falls inside your cast, please make an appointment as soon as possible to have it removed. Cold air from a fan or using wet wipes on any exposed areas can help you to feel more comfortable.

How can I prevent my joints from becoming stiff?

To help improve your circulation and prevent joint stiffness, you should exercise all joints which are not in the cast, as directed by your doctor.

What should I do if my cast feels loose?

Sometimes, when the swelling in your arm subsides, your cast may feel too loose. It may also become cracked or soft. If any of these happen, please contact the Plaster Theatre as soon as possible for an appointment to have your cast assessed. It may be necessary to reinforce or change the cast to ensure that the correct arm/hand position is maintained.



Can I have a bath or shower?

You may still bath or shower while in an arm cast providing you can manage to do so safely within your own limitations and **you keep the cast dry at all times**. You or your parent/carer can buy specially designed waterproof covers to go over the cast for this purpose. Please ask the Plaster Theatre staff for leaflets.

You may also need to consider how easy it will be for you to get into/out of the bath or shower. You may need someone with you to achieve this safely. It may be necessary to have a 'strip wash' if it is not possible to use your bath or shower safely.



Contact details

Plaster Theatre

Tel: 020 8909 5467

Opening hours

Monday to Friday, 07.45 - 17.00

Children's ward

Tel: 020 8909 5487

Opening hours

24 hours a day

If you have any comments regarding this leaflet please contact the Clinical Governance Department on 020 8909 5628.

Royal National Orthopaedic Hospital NHS Trust
Brockley Hill
Stanmore
Middlesex
HA7 4LP

www.rnoh.nhs.uk

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Bu belgenin başka bir dile/büyük baskıya tercüme edilmesine ihtiyacınız varsa, lütfen Klinik Yönetim Departmanı ile temasa geçiniz: 020 8909 5439