



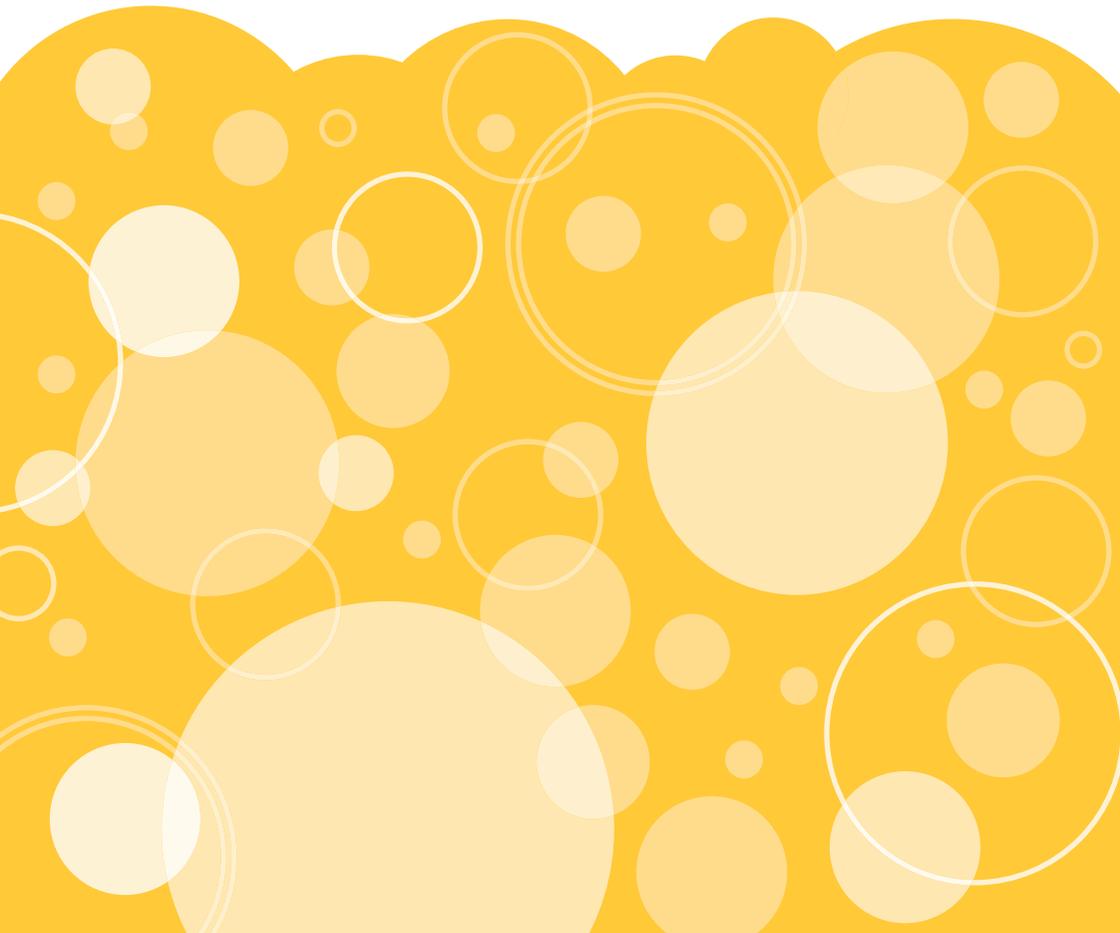
Royal National Orthopaedic Hospital



NHS Trust

Plaster Theatre

Instructions for children in a broomstick cast





This leaflet is intended as a guideline for caring for yourself while you have a broomstick cast on. If you or your parent/carer have any concerns, please contact the Plaster Theatre for advice.

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 of cast and material used will depend on your injury or operation. There are also different colours available so you can choose which colour you would like to have.

The way you need to look after the broomstick cast is the same, no matter which type of materials used. Once you have a cast put on your legs, you will need to keep your legs raised when sitting as this helps to stop your legs or feet from swelling too much. You will have a suitable wheelchair to keep your legs elevated.



What should I do if my cast feels too tight?

If your cast feels too tight and your legs/toes become blue, very red or white and you have pins and needles, numbness and the pain is much worse, try raising your legs high on pillows. If after ONE HOUR your legs/feet do not feel any better then you or your parent/carer must contact the Plaster Theatre IMMEDIATELY or the Accident and Emergency Department at your local hospital during the night or at weekends.

If your legs/feet become too swollen, your cast will feel very tight, which may restrict your circulation. Your cast may have to be cut in two halves to make your legs feel better. A bandage will be wrapped around your cast to keep your legs 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 come to see you just to make sure everything is alright.



Problems under your cast

If you experience any burning sensation, blister-like pain, rubbing, wetness/stickiness or a nasty smell coming from under your casts, please contact the Plaster Theatre immediately as you may have a wound infection or sore developing. Your cast can be cut in two halves if needed so that your wounds and skin can be assessed and seen by a doctor. The doctor may want you to take some antibiotic medicine or have dressings changed if you have developed a wound infection or sore. Your broomstick cast can be adjusted to allow access to your dressings without having to be removed completely.



Itching under your cast

If you feel itchy while wearing the casts, please **DO NOT** put anything inside your cast to scratch as this can cut your skin. If your skin is scratched or cut it can cause sores to develop, which may become infected. If anything accidentally falls inside your cast, please contact the Plaster Theatre to make an appointment as soon as possible to have it removed. Cold air from a fan or using wet wipes on any areas not in the cast can help you to feel more comfortable.

Preventing joint stiffness

To help prevent your joints from becoming stiff, you should exercise all joints not included in the cast several times a day. In your broomstick cast, move your ankles/feet up and down several times during the day and also wriggle your toes as this helps to improve your circulation. If your cast slips down, causing discomfort, pain or soreness at the ankle, you or your parent/carer must contact the Plaster Theatre for an assessment and possible change of cast.



Loose/damaged cast

Sometimes, if your legs become less swollen, 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 position of your legs is maintained.

Personal hygiene

You must keep your cast dry at all times. It will be necessary to have a strip wash or bed bath. You may find it easier and more comfortable to rest your cast on stools or upturned waste bins while using the toilet. If you cannot use the bathroom safely, it may be necessary to use a bedpan or urinal.



Contact details

Plaster Theatre

Tel: 020 8909 5467

Opening hours

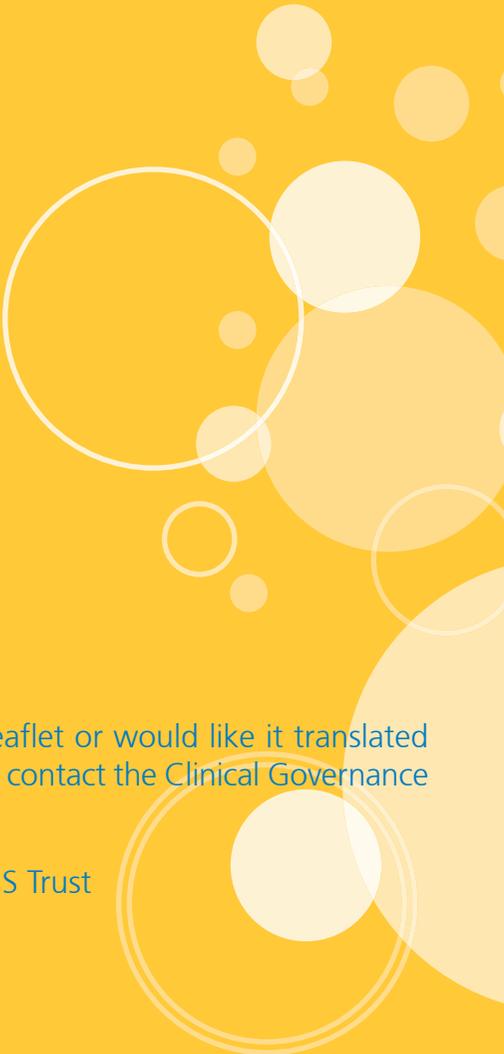
Monday to Friday, 07.45 – 17.00

Children and Adolescent Ward

Tel: 020 8909 5487

Opening hours

24 hours a day



If you have any comments about this leaflet or would like it translated into another language/large print, please contact the Clinical Governance Department on 020 8909 5439/5717.

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