

Return advice:

If your child has:

- A cast that is wet or damaged
- Swollen, purple, tingling, numb or cold fingers/toes in their cast
- Is still in pain after having pain relief

Please visit us in the Starship Children's Emergency Department.

2 Park Road, Grafton | Starship Child Health, Level 2

Please contact us if you have questions or concerns.

If your child has been seen at Starship please phone: (09) 307 4949 extension #22537 and leave a message for the Orthopaedic Outpatient Clinic Nurse.

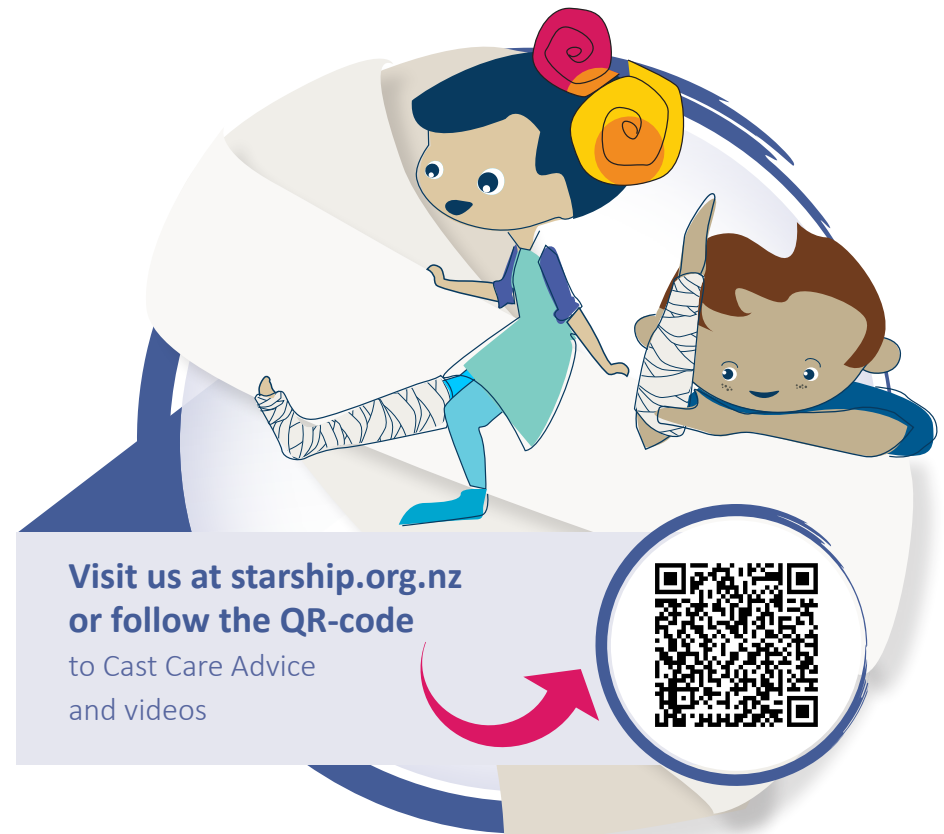
Follow up:

You will be contacted about your appointment time at the clinic in Outpatients on level 3 at Starship Child Health. Your appointment may take several hours, prepare by giving your child paracetamol before you leave home and bring an activity to do while you wait.

Ask us:

- About when your child can return to sport
- For a different sling if your child finds their current sling uncomfortable
- If your child is struggling to move around in their cast.

Cast care Info sheet

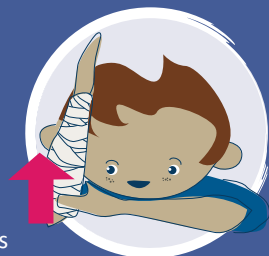


Cast care

- Rest at home for the next 2 days.

Keep the cast up while resting.

- Wiggle fingers and toes often – this stops pain and swelling.
- Only rest your cast on soft surfaces to prevent it from getting broken or damaged.
- After 2 days, it'll be dry enough to write and draw on.
- Wear your sling if you have an arm cast, and use your crutches if your cast is on your leg.
- Do not put anything inside your cast, as this will injure your skin.



Keeping your cast dry

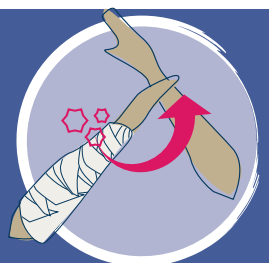
It's important your cast stays dry.

- Protect your cast from water wrap the cast in a plastic bag before having a shower or bath.
- Seal the bag by taping the opening of the bag shut against the cast and place a flannel over the seam to protect the cast from water.
- Keep your cast out of the water, even in a plastic bag you can't swim, in case water gets in.
- Wet and damaged casts can cause pain and can hurt your skin beneath the cast. If your cast is wet or broken, come and see us.



Avoid the itch

- Do not scratch your skin inside your cast
- Try scratching the spot on the arm or leg that isn't in the cast.
- Gentle tapping over the cast can also help!
- **Avoid sand,** it's very itchy and scratchy and can be painful under the cast.



What to watch for and **when to see us**

Pain over the fracture site is normal. Your child can have up to four doses of Paracetamol in 24 hours.

If pain doesn't resolve with Paracetamol and elevation. If pain arises away from the fracture like the heel, top of the foot or elbow.

Pain

If swelling doesn't ease with elevation, and your child experiences pain on wiggling fingers or toes.

Swelling

If fingers and toes change colour and become tingly or numb.

Tingling

without clear cause or not improved with pain relief, cooling or distraction.

Irritability