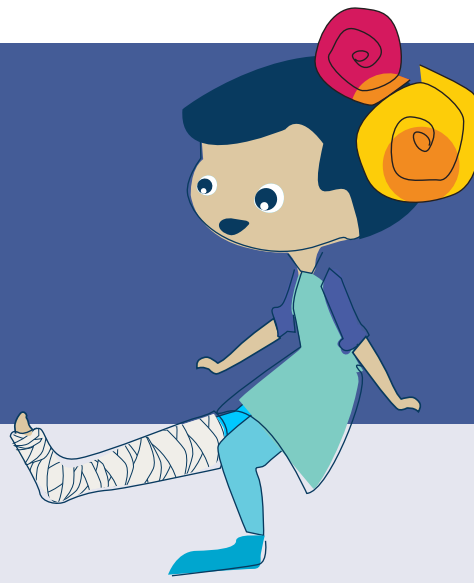


Skin Care in a cast



Caring for your child in their cast can be made easier by inspecting the skin underneath regularly, and checking the cast for signs of damage or movement.

When you are discharged home, take a photo of your child’s cast to remember where the edges of the cast sit. Casts can slip and move down with gravity, this makes them uncomfortable and can cause injuries to the skin underneath.

Checking the cast:

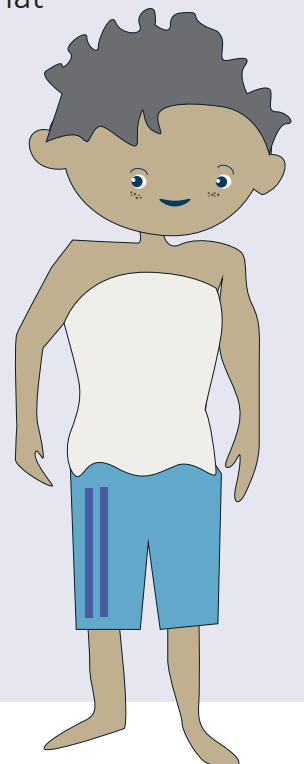
Lay your child on their stomach and rest the front of their cast on a cushion, this pushes the back of the cast away from their skin so that you can look down the back of the cast. Shine a torch down the cast, looking for red and irritated skin, new wounds or ooze on the cast.

Run your finger along the inside edges of the cast to check for ridges that might be digging in. Repeat this process with your child on their back.

**For questions and concerns,
please contact us:**

Clinic hours: 8.30am-5.00pm

Please call and leave a message for the Paediatric Outpatient nurses on: **09 307 4949 EXT 22537**



Visit us at starship.org.nz
or follow the QR-code
to Cast care advice
and videos

