

## **Transcript: *Cast care at Starship***

'So basically the next 48 hours are the most important for you guys in terms of looking after her, keeping that arm elevated, okay? So she needs to be in a sling while she's up and about and that needs to stay until she comes back to Outpatients.'

'When she's watching TV and also when she's in bed at night, okay, she'll move obviously but get her set up – and that's okay if that happens, it's not the end of the world – but do get her set up. So what I suggest you do is if she's in bed, is have a pillow, have another pillow up here and then actually elevate (can you just make your arm...) elevate her arm up like that.'

'For the next 48 hours give her regular paracetamol'.

'Do make sure you move those fingers nice and regularly Millie. Okay? Don't .. if you keep them stiff like this they're going to get stiff and sore. So do just move them nice and frequently okay and if they start to feel funny at all you need to talk to mum and tell her what they're feeling so if they feel tingly or anything like that.'

'So if you do notice that these fingers become swollen Julie, or you Millie, okay, you need to talk to Mummy if you notice these fingers become swollen, get it elevated like we talked about before, so get her on the couch, get her on the bed, get it elevated up nice and high. Give it about 20 minutes and if it doesn't come down, if it doesn't you know, reduce in swelling, then bring her back to see us, okay. But if she gets swelling and any fingers are blue, cold or numb at all then you just come and see us straight away.'

'You do need to keep it away from direct heat okay so no hot water bottles, not anywhere near heaters, electric blankets and things like that.'

'If you get itchy under this cast, then it's really important that you don't put anything down your cast. Okay? So no knitting needles, or chopsticks or anything like that if it gets scratchy.'

'So this cast can't get wet darling, okay. So what I suggest Julie is that for the next couple of days just do a , use a flannel and give her a bed wash sort of thing. Um once she's a bit more comfortable with the cast and knows how to handle it you can put a plastic bag over it, tie it, you know, keep it – make sure it's firm at the top and she can go into the bath but never submerge it okay. So she still needs to make sure she keeps it out.'

'So you can't write on this for 48 hours – for two days, darling. Likewise for the next couple of days it's important that you don't lean it on any hard surfaces okay so no leaning on the coffee table like this with your plaster.'

'The beach is out, while you've got the cast on, and the reason is that the sand won't damage the cast per se but it obviously can very easily get inside that and it will drive her absolutely nuts okay.'

'Any questions about any of that?'