

Care of your child's cast

An information guide



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Your child has been placed in a cast. This is to stop him or her moving that particular part of the body to allow time for healing. This is usually because your child has had an injury or following an operation.

What should I do while the cast is drying?

- Allow the cast to dry naturally. Do not use artificial heat sources (e.g. a hairdryer) to try and speed this up because the cast could become very hot and burn the skin.
- Whilst it is drying try to avoid your child bumping or standing on the cast. Do not let them rest it on a hard surface as this can cause dents which may rub the skin.

How do I look after my child's dry cast?

- Do not let your child get the cast wet as it will soften the cast and the padding will stay wet against the skin causing skin sores.
- Keep the cast clean and dry. Do not alter, cut the cast or damage it in any way.
- Don't let your child push anything down the cast to scratch the skin as this may cause sore areas under the skin.
- Encourage your child to exercise the joints not held in the cast as much as possible and ensure that they move their fingers and toes regularly.
- Painkiller medication may be given if required. Please follow the instruction on the bottle.

When should I be concerned and contact the hospital?

- If your child's fingers and toes become cold, blue or swollen especially if it does not improve after 30 minutes of raising the arm or leg.
- If your child complains of persistent numbness or pins and needles in their fingers and toes of the limb in cast.
- If the cast becomes wet, cracked or damaged in any way.
- If the cast becomes too loose or too tight and your child complains of painful rubbing beneath or around the edges of the cast.
- If the cast becomes wet or has an unpleasant smell.
- If an object is dropped inside the cast and becomes stuck.

For any concerns prior to your next fracture clinic appointment please contact your local Accident and Emergency department for advice

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).



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