

Further information

If you need any more information or advice please contact: 111.

Call 111 if you need medical help fast, but it's not life-threatening – for example, if you:

- Think you need to go to the hospital.
- Don't know who to call for medical help.
- Don't have a GP to call.
- Need medical advice or reassurance about what to do next.



when it's less urgent than 999

For health needs that are urgent, you should call your GP. If a health professional has given you a number to call for a particular condition, you should continue to use that number.

Information and internet access is also available from the Patient Experience Hub. To get there, follow the signs for the 'Patient Experience Hub' from the Hospital's main entrance.

The information has been produced by the Emergency Department.

Support our Emergency Department


Birmingham
Children's Hospital
Charity
Doing more for sick kids

With up to 200 children coming to our Emergency Department every day, with everything from broken toes to severe road traffic injuries, there can be a bit of a wait. With your help, we can continue to provide books, toys and activity packs to keep children occupied and distracted during any waits and throughout their treatment journey.



Text
GIVE2ED to
donate **£3** to
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Standard rates apply. Registered Charity Number 1160875

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NHS

Birmingham Women's
and Children's
NHS Foundation Trust

Advice Sheet for

Plaster Cast

Produced: Mar 16
Review Date: Mar 21
Version 1.0.0
CPADS: 49356



Information for Parents:

Care of your child after the application of a plaster cast

This advice leaflet is for the general care of a plaster cast when your child goes home. The type of plaster cast usually applied in the ED is a backslab; this is not a full plaster and allows for swelling from a new injury. This is usually replaced in clinic by a full plaster.

Please read this information carefully and ask any questions before you go home.

The plaster cast will take 48 hours to dry completely after it has been put on.

There are a few things your child can do to help their recovery, i.e.

- Move the joints above and below the plaster on the injured arm/leg. This will stop any stiffness and swelling.

The plaster cast will only work properly if it is allowed to dry completely on its own; therefore for at least 48 hours do not:

- Use a hair dryer to dry the plaster
- Sit in front of a fire to dry the plaster
- Get the plaster wet
- Put any weight or press on the plaster until it is completely dry
- Write on the plaster
- Rest the plaster on a hard corner (such as the edge of a chair)
- You child may complain that the plaster cast is itchy. It is important that they do not poke any object down inside the plaster case to scratch this may cause skin damage.

Elevation

Arms in plaster – try to keep your hand above the level of your elbow as often as possible.



Legs in plaster – try to keep your foot above the level of your hip as often as possible.

Rest foot on pillows and a stool when sitting



Place pillow under mattress to raise bed while you sleep



What do I need to look out for?

If your child has any of the following problems, please contact the Emergency Department:

- Numbness or pins and needles in the injured arm/leg.
- If your child can't move their fingers and/or toes.
- If the toes become cold or discoloured compared to the other foot.
- Pain or burning underneath the plaster cast.
- If the plaster cast becomes too tight.
- If the plaster cast becomes too loose, cracked or broken.
- If the plaster cast rubs or presses on the skin.
- If the plaster case becomes stained or smelly.

Data Protection - Looking after and sharing information about your child

We have a duty of care to help patients and families understand how information about them is kept and shared and we include the following information in all our patient leaflets:

Information is collected about your child relevant to their diagnosis, treatment and care. We store it in written records and electronically on computer. As a necessary part of that care and treatment we may have to share some of your information with other people and organisations who are either responsible or directly involved in your child's care. This may involve taking your child's information off site. We may also have to share some of your information for other purposes; such as research etc. Any information that is shared in this way will not identify your child unless we have your consent. If you have any questions and/or do not want us to share that information with others, please talk to the people looking after your child or contact PALS (Patient Advice and Liaison Service) on 0121 333 8403.