



The official fundraising arm of the  
Royal Alexandra Children's Hospital.

Our aim is to provide information that will help you understand  
your child's injury and enable the appropriate after-care.

There are lots of useful injury leaflets to download at the Royal  
Alexandra website; use the QR code below or follow the link:  
[bsuh.nhs.uk/alex/services/accident-and-emergency/](https://bsuh.nhs.uk/alex/services/accident-and-emergency/)



**Useful numbers:**

NHS 111 - 24hr advice line  
Practice Plus (Brighton walk-in Centre) 0333 321 0946  
Practice Plus GP - 0300 130 3333  
8am/8pm - 7 days a week



Disclaimer: The information in this leaflet is for guidance purposes only and is in no way  
intended to replace professional clinical advice by a qualified practitioner.  
Authors: Children's Emergency Department (DB/AO/ML)

Reference no. 967.1 - Publish Date: February 2022 - Review Date: February 2025



University Hospitals Sussex  
NHS Foundation Trust

the  
**alex**

Children's Emergency Department



**Casts and slings**

Information for parents, carers & relatives

## Plaster casts: concerning symptoms to look out

- Increased pain that is not relieved by simple pain medicine such as paracetamol and/or ibuprofen.
- Numbness or tingling in the hand/foot or under the cast.
- Burning or stinging sensation.
- Swelling in the hand/foot below the cast or splint.
- The skin or nail colour below the cast turns blue or purple or, if the fingers/toes go white.
- If your child is unable to move their fingers/toes below the cast or splint.
- If you notice a smell coming from the cast, especially if there's a wound underneath.
- If the cast becomes soft or cracked.

Your child needs to see a doctor or nurse today - Telephone 111 or your child's GP for advice, or come back to the Children's Emergency Department (CED) if that is what you have been advised to do

### *Come straight back to the CED if:*

- Your child complains of pain in their calf
- You notice your child's arm/leg is swollen and warm, red and/or inflamed under the cast or splint

**DO NOT let your child's plaster get wet**

## Arm sling information

We use three types of slings in the CED:

- Triangle Sling (AKA broad arm sling) helps support the arm.
- High arm sling - helps reduce swelling.
- Collar & cuff - for specific injuries.

Slings should be worn in the daytime and removed at bedtime unless advised differently by the doctor or nurse practitioner.



Triangle sling



High-arm sling



Collar & cuff



Detailed instructions on how to tie your sling can be found on the **Brighton Virtual Fracture Clinic** website. Use the QR code opposite or follow the link below.

[fracturecare.co.uk/general-advice/living-with-a-sling/](https://fracturecare.co.uk/general-advice/living-with-a-sling/)