

If you need to contact Level 7 Day Case

Should you have any concerns or experience problems once you are at home, then please telephone RACH on 01273 696955 and ask for level 7 Day Case:

In hours: 07:30 - 19:30 Monday to Friday ext: 2382

Out of hours, please speak to nursing staff on level 8 ext: 2552



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.

You can find more information about Level 7 Day Case on the Royal Alexandra website; use the QR code below to access the page:



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: Darren Baldwin & Elizabeth Hedgethorne

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Day Case (Level 7)



Plaster Cast Advice

Information for parents, carers & relatives

DO NOT GET YOUR PLASTER WET

Plaster casts: problems to look out for.

- Increased pain that is not relieved by pain killers 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.

Symptoms that require your immediate attention.

- An increase in pain in the calf area of the lower leg.
- If you notice your child's arm/leg is swollen and warm, red and/or inflamed when the cast/splint has been removed.

Follow up information

Your fracture clinic appointment will be in approximately _____ week/weeks.

Fracture clinics are held on Tuesdays & Fridays in the Out Patients Department on level 5. If you have not received your appointment, please telephone the booking hub on **0300 303 8360**, let them know an appointment has been requested by Level 7 Day Case.

Pain relief

It is important to give your child regular, simple pain medicine such as paracetamol and ibuprofen during the first 48/72 hours.

Paracetamol can be given again at:

Ibuprofen can be given again at:

Elevating the limb above heart level will also help to relieve pain during first 48/72hrs. Ice packs/compresses for 10/15 minutes at a time can be helpful too (a bag of frozen peas wrapped in a tea towel will help keep your plaster dry).

