

## Plaster cast problems:

You should go to your local hospital's Accident and Emergency (A&E) department if:

- Your plaster cast still feels too tight after keeping it elevated for 24 hours
- Your fingers or toes on the affected limb feel swollen, tingly, painful (following the use of painkillers) or numb
- Your fingers or toes turn blue or white
- Your cast feels too loose
- Your cast is broken or cracked
- The skin underneath or around the edge of your cast feels sore
- There is an unpleasant smell or discharge from your cast.

If you have any concerns about your plaster cast, call the Plaster room, Worthing Hospital on **01903 205111 Ext: 85445** Monday to Friday 9am-5pm.

## General support

For general medical advice please use the NHS website, the **NHS 111** service, walk-in-centres, or your GP.

NHS website provides online health information and guidance [www.nhs.uk](http://www.nhs.uk)

There are walk-in and urgent treatment services at Brighton Station, Crawley Urgent Treatment Centre, Lewes Victoria Hospital, Horsham Minor Injuries Unit and Bognor Regis War Memorial Hospital.

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This leaflet is intended for patients receiving care in Worthing or Chichester

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# Plaster casts in children

Advice for patients seen  
in the Emergency Department

## Plaster casts in children

Your child has had a plaster cast applied to hold their bones in a fixed position to aid recovery.

Plaster casts are made up of a bandage and a hard covering (usually Plaster of Paris).

They usually need to stay on for a few weeks.

### Taking good care of your cast will help ensure a better recovery

## Please read the following care advice and tips

### Do:

- Keep the plaster cast dry.
- Keep the limb raised, if advised to do so. This lessens the chance of any swelling.
- Observe for signs of staining if there was an underlying wound.
- Follow advice given about exercising all joints that are not covered by the plaster cast to help improve your circulation such as your elbow, knee, fingers or toes
- Observe for signs of discoloration affecting fingers or toes.
- Seek advice if there is any pain in the fingers or toes.
- Please give painkillers if your child is experiencing any discomfort following application of the cast.

### Do not:

- Do not take any bath or showers, walk on wet grass or in puddles as it will cause the plaster to disintegrate.
- You can discuss the use of waterproof protectors with the healthcare professional who consults with you or the plaster technicians.
- Do not put anything inside the cast. This could irritate the skin and cause an infection.
- Do not use talcum powder or creams inside the plaster cast. These become gritty when mixed with sweat which could also irritate the skin and cause an allergy or infection.
- Do not cut or heat the plaster cast.