

Further information can be obtained from:

Plaster Room, Lister Hospital, Stevenage 01438 314333

Open Monday to Friday from 8.30am to 5pm for advice - Ext 5801

NHS 111 Dial 111

Or contact your GP

Bluebell Ward,
Lister Hospital, Stevenage 01438 284008

Children's Day Services, Lister 01438 286315

Children's A&E, Lister 01438 284333

QEII Urgent Care Centre
Welwyn Garden City 01707 247549

Lister Community Children's Nurses 01438 284012

QEII Community Children's Nurses 01438 288370

Patient Advice and Liaison Service 01438 285811

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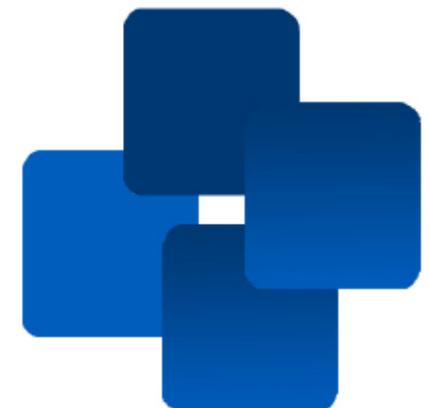
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Plaster of Paris

Child Health Patient Information Leaflet



Introduction

The purpose of this leaflet is to explain how to manage a child fitted with a plaster of Paris cast.

When is a plaster of Paris applied?

Plaster of Paris is usually applied to immobilise a limb/area of the body following a fracture or break in order to allow for healing and rest, and to help to prevent complications.

Instructions for patients fitted with a plaster of Paris cast

The parent/carer is advised to bring the child back to Accident and Emergency if:

- The toes/fingers of an injured arm/leg change colour
 - ⇒ Blue
 - ⇒ Red
 - ⇒ White
- Sensation changes
 - ⇒ Tingling
 - ⇒ Numbness
 - ⇒ Pain or swelling increases

Please note that it takes approximately 24 hours for plaster of Paris to dry fully.

Do NOT allow the child to:

- Get the cast wet.
- Poke anything down the cast.
- Bear weight or stand on plaster unless directed by medical/nursing staff.
- Remove the cast unless directed.
- Dry the cast by artificial means e.g. hairdryer.

Do encourage the child to:

- Exercise all joints not immobilised by the cast e.g. toes, fingers.
- Elevate the limb when resting. If an arm, place on a pillow when seated.
- With a broken leg, elevate both legs on a sofa or bed when resting.