

Patient Information

Plaster of Paris

Children's Services



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.

Further information

NHS 111

 111

or Contact your GP


NHS website - www.nhs.uk

Useful Telephone Numbers


Bluebell Ward, Lister Hospital
Stevenage

 01438 284008

Children's Emergency Department
Lister Hospital

 01438 284333

Urgent Care Centre, New QEII
Welwyn Garden City

 01707 247549

Community Children's Nursing Team

 01438 288370