Information for Parents / Carers of a child

ARM CAST CARE

Instructions for patients wearing a cast on an arm

- Keep the arm elevated especially during the first few days.
- Only use the sling that the hospital has given you.
- Exercise other joints (not held in the cast) as much as possible.
- **Do not** allow your cast to get wet. If it gets wet, it must be reviewed. Ring for an appointment.
- **Do not** bang or lean or walk on your cast for:
  - 48 hours if it is a Plaster of Paris cast. 
  - 1 hour if wearing a fibre glass cast or soft-cast.
- **Do not** poke anything down your cast as this could damage the skin.
- Itchiness under the cast, can sometimes be a problem. Talk to your nurse about ways to relieve it.

If you notice **ANY** the following:

- Swelling of the fingers
- Blueness of the fingers
- Pins and needles or numbness in the fingers
- Coldness of the fingers
- No relief from pain even after taking pain relieving medicine

Elevate the arm for 30 minutes.

If no improvement, report to casualty immediately

Orthopaedic Department, Our Lady’s Children’s Hospital, Crumlin
RING APPOINTMENTS

Monday – Friday between 9:00am – 12:30pm and 2:00pm – 4:30pm only

Ring 01 409 6130, if any of the following occur

• The cast becomes soft / cracks
• The cast breaks
• The cast becomes loose or falls off
• The cast becomes uncomfortable
• Objects get stuck inside
• If you have questions

Outside of these hours – Contact Casualty

Pain and Discomfort

Your child may experience some discomfort for the first few days. Administer Paracetamol, if necessary for 2-3 days.

Outpatients

When coming to clinic, your child may need to have x-rays taken, the cast removed or a new cast applied. Therefore, you may be in the department for some time.

Please come prepared. Bring along snacks and favourite toys for your child to keep him / her distracted.
Outpatient Appointments:

Date: ______________________________
Time: ______________________________
Consultant: _________________________

OTHER INFORMATION

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