Instructions for patients wearing a cast on a leg

- Keep the leg elevated especially during the first few days.
- Exercise other joints (not held in the cast) as much as possible.
- Wear the cast shoe, if given one, as it protects the cast and makes it less slippery.
- **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 can sometimes be a problem. Talk to your nurse about ways to relieve it.

If you notice any of the following:

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

Elevate the leg for 30 minutes.
If no improvement, report to the Emergency Department immediately

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 working hours, please return to the Emergency Department

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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