

Caring for your child in plaster

Children's Hospital

Information for Patients

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The plaster cast

Casts can take different amounts of time to dry. It depends on the type of material that has been used. Your nurse will be able to give you a more specific timescale.

If the cast is still drying do not rest it on a hard surface. This may dent or damage the cast and may put pressure on the skin underneath. This could cause a pressure sore. Please contact us if you have a concern about this.

The cast will make movement more difficult, so your child may need you to move (reposition) them regularly. Using a soft surface, such as a pillow, keep the limb raised up (elevated) as much as possible. This will also help with any swelling to the fingers and toes. Try to raise higher than the heart.

You should make sure that your child has had pain relief and that they keep the arm or leg raised up high for at least 2 hours. Encourage your child to move their toes or fingers.

Signs of swelling:

- Pain to the toes or fingers
- Pins and needles
- A colour change to the fingers or toes
- Pain or discomfort that is not controlled by pain relief

If you notice these signs of swelling and they do not improve contact:

- The ward if the plaster cast was put on after planned surgery
- The fracture clinic if you were seen in the hospital as an emergency

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

You should also contact the ward or fracture clinic if:

- Your child develops a temperature
- Your cast becomes soft, cracked or dented
- There is a smell coming from the cast. This may happen if there is a wound under your cast. Please check the cast at least 2 times a day.

Clothing

Once the cast is dry, clothing can be worn. Loose clothing with velcro and poppers are easier to put on and take off. Socks can be worn over leg casts.

Moving around

Before going home we will talk to you about whether your child can put:

- all of their weight through their leg (fully weight bear),
- some weight through their leg (partial weight bear) or
- no weight through their leg (none)

If your child can weight bear, you will give them a special shoe. This should be worn at all times when walking, even indoors.

Do not do sports, P.E. classes, use trampolines or bouncy castles whilst in a cast. Once out of your cast, you will be told when you can restart these activities.

Washing and skin care

It is important to check the skin. Look for blisters and for sore areas around the edges of the cast. Never put anything inside your plaster as this may cause sores or damage the cast. An antihistamine (allergy medicine) may help with itching. Speak to your nurse, GP or pharmacist for advice.

Your cast should be kept dry at all times, to reduce the risk of infection and pressure sores. Please do not cover it with carrier bags as they will leak.

If your cast becomes wet contact:

Ward 19: 0116 258 5244 (if you had planned surgery)

Fracture Clinic (8am to 9pm): 0116 258 5430 (if cast was put on here after an emergency)



For out of hours call:

Children's Outpatients: 0116 258 5147
Specialist Nurse: 0795 088 8466
Deputy Sister: 0797 795 7248
Orthopaedic Secretary: 0116 258 5756

To buy covers for bathing and wearing outdoors contact:

Website: www.limboproducts.co.uk
Contact Number: 0124 357 3417

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk



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