

## Remember

If you have a cast in place the airline may ask you to present a medical certificate prior to flying. Check with you travel agent or airline prior to traveling.



Have a great holiday  
from all the staff in  
Paeds Outpatients  
Department!

For further queries  
contact

The Plaster Nurse at

01 414 4791

Monday - Friday

8am- 4pm

We would like to hear your  
feedback

Did you find this leaflet helpful?

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How can we improve?

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Return to: Eoin Power OPD AMNCH

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For Review 2011



# In a cast ?

## Going on holidays?

## Flying?



Patient Information Leaflet

THE ADELAIDE & MEATH  
HOSPITAL, DUBLIN  
INCORPORATING THE NATIONAL CHILDRENS  
HOSPITAL



## *Flying*

### *Before you go*

Arms and legs that have recently been broken have a high risk of swelling, this risk is increased if you fly. A solid cast will not allow the swelling to occur naturally and as a result serious problems may occur. By "splitting" the cast it will ensure that if this happens then no serious complications will arise.

Travelling is not advised for 48 hours following application of the cast. However if you do need to fly then the cast will need to be "split".

**"Splitting"** the cast involves cutting down both sides of the cast to allow for possible swelling while flying. It is then lightly bound with a self adhesive tape. This will suffice until you return home.

It's advisable to check with your airline before you fly as some airlines will have different restrictions in place.

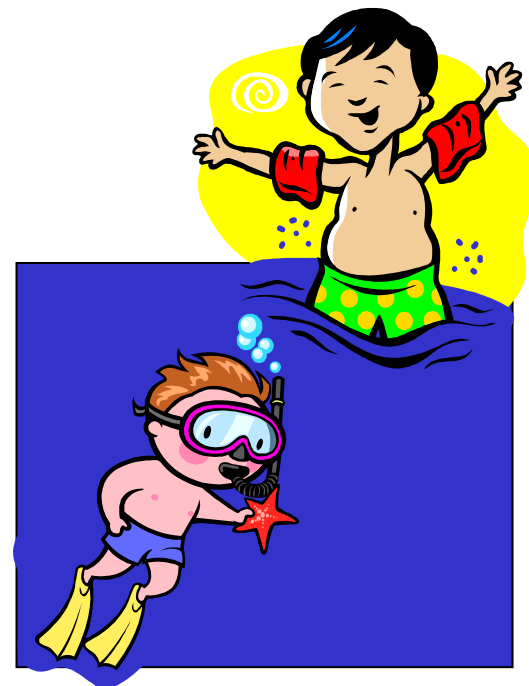


### *When you return*

You will need to return to the hospital on your return to have a new cast fitted.

Please ensure that you make an appointment prior to leaving on your holidays.

## *Intending to swim*



Casts must be kept dry but please ask your nurse about devices that you can get to cover the cast so your child can swim.

However with some breaks or after surgery, the orthopaedic surgeon may restrict certain activities.

Please ask to speak to the plaster nurse.