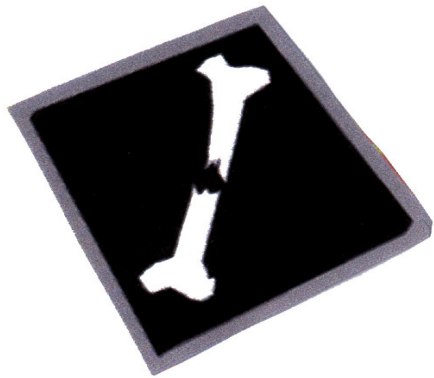


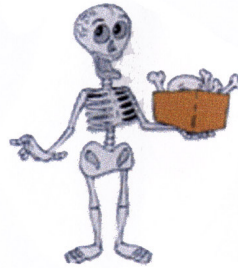
When coming to clinic, your child may need to have x-rays taken, the cast removed or a new cast applied. Therefore you may be in the department for some time.

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



If pregnant: Pregnant women are not allowed in the x-ray room.

So please bring another adult with you to accompany your child.



During the summer months and school holidays our fracture clinics are increased in size to deal with the extra demand.

This can result in delays. We shall endeavour to keep you informed. Thank you for your patience and understanding.

To help distract your child while waiting we generally have the service of Arts and crafts Volunteers.



Developed by the CNM in orthopaedics and staff of the Children's OPD. and Photography and Illustration Dept

AMNCH 2010

For review 2012



PLASTER CAST Advice sheet



**THE ADELAIDE & MEATH
HOSPITAL, DUBLIN**
INCORPORATING THE NATIONAL CHILDREN'S
HOSPITAL

Statement of Values

Respect - Caring - Openness
- Partnership - Teamwork
Fairness & Equality

Instructions for patients wearing a plaster cast



Keep the limb elevated, especially during the first few days.

Exercise other joints (not held in the cast) as much as possible.

Do not stand or press on your cast for 48 hours if it is a Plaster of Paris cast, or for 1 hour if wearing a fibre glass cast or soft-cast.

You are not allowed walk on your cast unless specifically told to, if that is the case you will be given a cast shoe. This shoe helps protect the cast.

Do not allow your cast to get wet. However it is important to keep exposed fingers/toes & nail areas clean. Use baby wipes or a damp facecloth for this purpose.

Do not put 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.

Antihistamines can be purchased at your local pharmacy, this can help to relieve itchiness. Talk to your local pharmacist about these medications.

If you notice any of the following **-elevate the limb for 30 minutes**

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

If no improvement is noticed report to Children's Emergency Department immediately on: 4143558



If

- Your cast becomes wet
- Your cast becomes soft/cracks
- Your cast breaks
- Your cast becomes loose or falls off
- Your cast becomes uncomfortable
- Objects get stuck inside
- If you have any questions

Ring Conor English
Monday-Friday except Tuesday
between 8:00 - 15:00
on 414 4791 and leave a message
You can also ring the main hospital switch on 01 4142000 and ask for bleep 2354,

if any of the above occurs:

Outside of these hours, contact

Children's Emergency
Department
4143559

