

**Free Handout**



# POP Advice:



## How To Care For Your Plaster Cast

**You/your child has a plaster cast; this will help the bone to heal correctly by keeping it in the right position.**

- **The plaster will take 2-8 days to dry out completely and should be left to dry naturally. Don't use an artificial heat source on the cast**
- **Always keep the plaster cast dry**
- **Wait 2 days before writing on it. Felt tip pens may be used**
- **Encourage your child to move their fingers and/or toes frequently**
- **When resting ensure the limb is raised by resting it on pillows**
- **To bath or shower place a plastic bag over the cast and seal with tape. This will be splash proof and allow careful bathing but do not immerse the limb in water for a long period of time**

**RETURN TO HOSPITAL IMMEDIATELY IF ANY OF THE FOLLOWING SIGNS APPEAR**

- **Numbness in the affected limb**
- **Pins and needles in the affected limb**
- **Inability to move affected fingers or toes**
- **Marked swelling either above or below the plaster cast**
- **Severe pain**
- **Blister type pain under the plaster**



By Dr Sarah Wintle & David Lewis