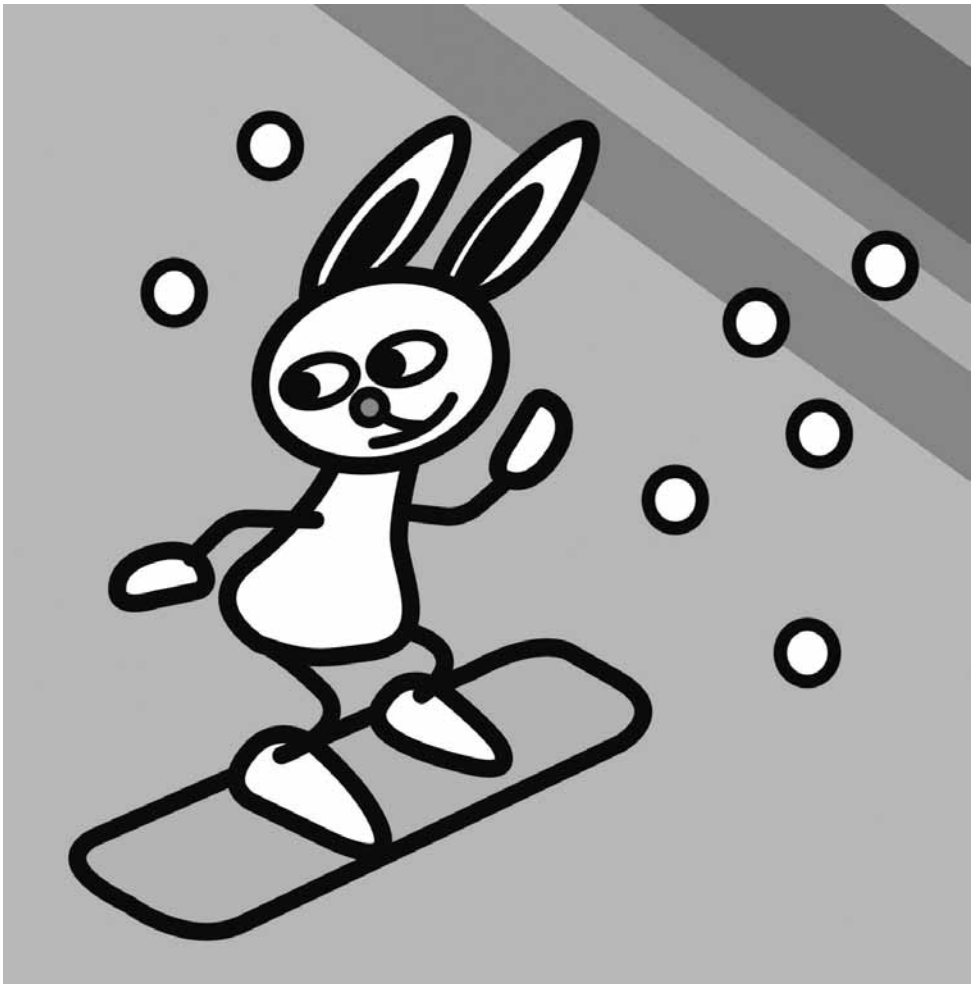


The Children's Hospital, Tom's Ward

Discharge advice for a child who has had plaster of Paris applied to a limb



Do:

- Encourage your child to move their fingers and toes, shoulder and elbow joints, as often as possible, as instructed by the nurse or physiotherapist.
- Elevate (raise up) the plastered limb on a cushion or pillow when sitting down or sleeping.
- If your child has been given a sling, make sure they wear it whenever they are up and moving about.
- Make sure your child uses the crutches (if they have been given them) – as instructed by the physiotherapist.

Do not:

- Do not stand on or press on the plaster for 48 hours as it takes this long for the plaster to dry completely.
- Do not write on the plaster until it is dry. Do not use felt tipped pens as this can make the plaster go soggy.
- Do not get the plaster wet as it will crumble and not stay set. You can place a plastic bag over plaster on the arm and secure it with tape if your child wants to take a bath. If the plaster is on the leg, do not bath your child.
- Do not put anything down inside the plaster.

When to contact us

If your child has any of the following symptoms, please come back to the Emergency Department at the John Radcliffe Hospital immediately:

1. Sudden severe pain
2. Swelling of the areas you can see (e.g. fingers, toes, arm or leg above or below the plaster)
3. Fingers or toes become blue or discoloured
4. Your child is unable to move their fingers or toes
5. Numbness or pins and needles in the fingers or toes
6. The plaster cracks or begins to crumble
7. The plaster goes soft
8. The plaster becomes uncomfortable or tight.

How to contact us if you have any concerns

If you have any other questions when you get home, please contact us on:

Tom's Ward: Tel (01865) 234108/9

Alternatively, contact your GP.

We hope that this information is useful to you and would welcome any comments about the care or information you have received.

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

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