



Royal Aberdeen
Children's Hospital
**Accident & Emergency
Department**



Instructions for plaster of Paris and resin casts

**Plaster of Paris casts take 48 hours to completely dry out.
Do not write on them before completely dry.**

1. Return to the Accident & Emergency Department or contact your family doctor ***immediately*** if:
 - a) there is severe pain and regular paracetamol/ibuprofen does not relieve the pain.
 - b) the hand or foot becomes ***cold, blue or swollen***.
 - c) your child has pins and needles in their toes/fingers.
2. If it is an arm injury, keep the sling on for 48 hours to allow the plaster to dry thoroughly and to reduce swelling.
3. If it is a leg injury, keep your child's leg raised on two pillows as much as possible to reduce swelling.
4. Keep plaster cast dry at all times. Use a special waterproof protector for bathing and showering. **DO NOT** use plastic bags or bin liners as this causes condensation to wet the cast.
5. **Please avoid all sports.** This includes using bicycles, scooters, roller blades, skateboards, playing football and trampolining.

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6. If the plaster ***breaks or softens***
or if

Your child puts coins, toys etc inside his/her cast, bring your child back to the Accident & Emergency Department.

7. Encourage your child to move his/her fingers or toes as much as possible. This will stop them becoming stiff, help reduce swelling and keep the circulation going.

Accident & Emergency is open 24 hours a day

**Accident and Emergency Department
Royal Aberdeen Children's Hospital**

☎ (01224) 552041 ☎



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