A cast was placed on your child for ____________________________.

Your child’s cast is made of ____________________________.

Home Care:

Allow _____________ for your child’s cast to dry. During the time your child’s cast is drying, keep the cast uncovered. Do not allow the cast to rest against any hard surfaces while it is drying. This will cause damage to the cast which may result in skin sores under the cast. **DO NOT WRITE ON THE CAST UNTIL THE CAST IS COMPLETELY DRY.**

Keep the arm with the cast raised above the level of your child’s heart for the first 24-48 hours. This will help with swelling and pain.

A sling should be worn when your child is up and about if your child has a long arm cast.

Check your child’s fingers (on the injured arm) at least every 4 hours. Check to see if your child’s fingers are warm, pink and able to move. Also check to see if the fingers are swollen or if the swelling is worse.

You may place a cold pack on the cast to decrease the pain and swelling. If your child is older than 6 months, you may give your child acetaminophen or ibuprofen for pain relief. Be sure to check the package for the amount to give your child based on his weight and age. Do not give more than 5 doses of acetaminophen or 4 doses of ibuprofen in 24 hours. Do not give for more than three days without calling your child’s doctor.

Do not allow the cast to become wet. Moisture weakens the cast and can cause the cast to crack or have soft spots. This can allow the injured arm to move inside the cast and prevent proper healing. Wet padding under the cast can cause skin sores. Give your child sponge baths - no showers or tub baths. If your child must go out in wet weather, put a plastic cover over the cast to protect it.

Do not allow your child to put objects inside the cast. This will cause skin irritation and may cause skin sores under the cast.

Do not use lotions or creams on the skin at the edge of the cast. This makes the skin soft and at risk for breakdown (skin sores).

You may use a hairdryer on cold setting to relieve itching. Blow the air against the cast over the itchy area. You may also give Benadryl® for itching. Be sure to follow your doctor’s orders and the package directions for the amount to give your child.
Call the Orthopaedic Clinic at (816) 234-3075 or the Children’s Mercy Hospital Information Line after hours at (816) 234-3188 if:

- Your child has increased swelling to fingers not relieved by elevating the arm above the level of the heart.
- Your child’s fingers have a blue or white color.
- Your child complains of coldness, burning sensation, numbness or tingling of fingers.
- Your child is unable to move his fingers.
- The cast looks too tight.
- An object gets into the cast.
- There is a foul smell or drainage from/on the cast.
- You see a sore on the skin at the edge of the cast.
- Your child complains of severe pain or cries often.
- You child’s cast slips or comes off.
- There is a crack, break, or softening of the cast.
- You have any questions or concerns regarding your child’s cast or arm.