

Health Facts

Patients with plasters

How to care for your plaster

It is important that you:

- Do not wet, heat or otherwise interfere with your plaster
- Do not scratch the skin under the plaster with pens, knitting needles, rulers etc. as this can result in sores
- Take extra care during the first 48 hours to allow the plaster to dry properly
- Cover the plaster with a tea towel or hand towel and place a plastic bag over the top to reduce condensation when bathing
- Check that fingers and/or toes do not slip inside of the plaster cast
- Observe the affected hand/fingers/foot/toes for:
 - temperature – should be warm or slightly cool to touch, same as the opposite limb
 - skin colour – should be the same as the opposite limb
 - movement – may be reduced
 - sensation – should be the same as the opposite limb (Report to a doctor if any numbness or pins and needles occur)
 - swelling – swollen toes, hands or fingers should gradually reduce in size over the next few days.

Daily activity

It is advised that you:

- Encourage active movement of fingers or toes of the affected limb
- Do not play any sport
- Do not attend school until comfortable
- See a doctor if your child is unsettled, irritable, or has reduced appetite
- Keep the limb in a raised position for the first 24–48 hours after the injury
 - arm or hand injury – a sling or collar and cuff should be worn during the day and at night in the first 48 hours; then may be worn only during the day when walking around, unless otherwise instructed
 - leg or foot injury – keep elevated on a pillow as much as possible especially in the first 24–48 hours
- Keep the plaster firm for good support
 - the plaster back slab needs to be firmly bandaged over the original bandage to ensure adequate support. Do not remove the original bandage
 - the nurse will show you how to bandage starting from the fingers or toes and working up the limb
 - you will be given a crepe bandage before leaving the hospital.

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Pain relief

It is advised that you:

- Give paracetamol, Painstop Day-time® or ibuprofen for pain if required as per the manufacturer's instructions
- Report to a doctor if pain is not relieved by the medication.

*Next dose can be given at _____

Follow-up care

- An appointment for the fracture clinic will be made within 7–14 days after discharge
- If your plaster was put on in the emergency department, you will need to go to the GP or return to the emergency department to have the plaster checked within 24 hours of having the plaster put on. This is to make sure the plaster is not too tight.

Contact

If you have any concerns following discharge please take your child to the GP or return to the PMH Emergency Department.

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Child and Adolescent Health Service Princess Margaret Hospital for Children
Roberts Road, Subiaco WA 6008 Telephone: (08) 9340 8222

**This information is available in
other formats upon request**

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