

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET.n@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Discharge advice

Arm fracture surgery



Outstanding Care,
Compassionate People,
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Plaster cast

Your child's arm may be placed in a plaster cast, so it is in the best position to heal. Please support your child to look after the plaster cast. Please ensure your child does not push anything down the plaster cast if it is itchy.

Please do not write on the cast for the first 48 hours.

Bathing

Please encourage your child to keep their cast dry. Your child can still have a bath, but they must keep their arm out of the water.

Limb elevation

Your child will be discharged with a sling. This will hold their arm at the right angle to promote blood flow. Please ensure that this is worn while they are walking around. Encourage your child to:

- Keep their hand/arm raised for a few days so that swelling settles.
- Move their fingers regularly to help with swelling, movement and stiffness.

Returning to usual activities

Your child may return to school after 2-7 days.

After your child's cast removal (generally after one month) your doctor will advise you about when your child can do activities such as contact sports, riding a bike, and using climbing equipment.

Pain relief

Your child or young person last had pain relief at:

Paracetamol

Ibuprofen

Do not give more medicine than it says on the label – always follow the instructions on the bottle/packet label.

Seek medical advice (GP or nearest emergency Department) if:

- Your child has worsening pain that does not settle with paracetamol/ibuprofen.
- There is a problem with the plaster cast, such as rubbing the skin, if it has cracked, or if your child says it feels too tight or too loose (see the plaster room contact details below).
- Your child develops a high temperature.
- Your child develops numbness or swelling to the fingers, wrist or arm.
- Your child's fingers, wrist, or arm appear blue or white in colour.
- There is a bad smell or discharge of liquid coming from under your child's cast.

Flying

If you intend on flying with a new plaster cast, please inform your doctors. You may also need to speak to your airline.

Follow up

If your child requires a follow up appointment, this may be given to you prior to discharge but is usually posted to your home address.

If your appointment does not arrive in the post, please call the main hospital switchboard on (01623) 622515 and ask you speak to your consultant's secretary, who will be able to help you. **Please make sure your child or young person attends all their appointments.**

Contact details

If there is any problem or concern regarding the cast, please call the plaster room on 01623 622525, extension 4114. Opening times are 9am to 4pm, Monday to Friday.

Outside of these hours, please contact the Emergency Department on 01623 622525, extension 4121.