



The Portland Hospital
for Women and Children

Caring for your Child in Plaster of Paris

How to Care for your Child in Plaster of Paris

- Keep the plaster dry at all times. If it becomes wet keep it uncovered until it is dry.
- Try to not let crumbs and other small objects fall down the cast as this will make the skin sore.
- Do not attempt to relieve any itching by sticking a knitting needle down the cast, try to distract your child. (Sometimes easier said than done!)
- To help prevent swelling the plastered limbs should be raised for a few hours every day. Wiggling either the toes or fingers will also help.
- Give your child a daily sponge bath and try not to wet the plaster. Also, avoid using talc in the plaster area as it may fall inside, cake and cause skin breakdown.

Additional Advice for Children in Hip Spicas

- Turn your child every few hours to avoid pressure sores.
- Try to avoid wet nappies touching the plaster as this causes it to become weak and it also smells!
- Ensure your child has a well balanced diet and to seek advice if your child becomes constipated.

Report to your Local Hospital or Doctor IF:

- Your child has increasing pain or discomfort in the plastered limb.
- Your child's limb, fingers or toes become swollen.
- Your child's fingers or toes become blue, white or cold.
- Your child complains of numbness, tingling or pins and needles.
- The plaster cracks, becomes soft or seems loose.
- There is an unusual or unexplained smell from the plaster.
- Your child's skin becomes sore around the plaster edges.

Contact

Sue Charitou,
Orthopaedic Paediatric Clinical Nurse Specialist
020 7390 8115 or
020 7580 4400 (bleep 18)
The Portland Hospital for Women and Children,
205 – 209 Great Portland Street
London, W1W 5AH

Disclaimer

Whilst this leaflet aims to provide you with useful advice and information it must be noted that it should only act as a guideline. Should you have any further concerns about this procedure, it is advisable that you discuss it with your Consultant.