



Our aim is to provide information that will help you understand your child's injury and enable the appropriate after-care.

Useful numbers:

NHS 111 - 24hr advice line

Practice Plus (Brighton walk-in center/GP service)

0333 321 0946

8am/8pm - 7 days a week



Disclaimer: The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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Children's Emergency Department



Casts and slings

Information for parents, carers & relatives

Plaster casts: symptoms to look out for.

- Increased pain that is not relieved by pain killers such as, paracetamol and/or ibuprofen.
- Numbness or tingling in the hand/foot or under the cast.
- Burning or stinging sensation.
- Swelling in the hand/foot below the cast or splint.
- The skin or nail colour below the cast turns blue or purple or, if the fingers/toes go white.
- If your child is unable to move their fingers/toes below the cast or splint.
- If you notice a smell coming from the cast, especially if there's a wound underneath.
- If the cast becomes soft or cracked.

Serious symptoms that require your immediate attention.

- An increase in pain in the calf area of the lower leg.
- If you notice your child's arm/leg is swollen and warm, red and/or inflamed when the cast/splint has been removed.

DO NOT get your plaster wet

Arm sling information

We use three types of slings in the Children's Emergency dept.

- Triangle Sling (AKA broad arm sling) helps support the arm.
- High arm sling - helps reduce swelling.
- Collar & cuff - for specific injuries.

Slings should be worn in the daytime and removed at bedtime unless advised differently by the doctor or nurse practitioner.



Triangle sling



High-arm sling



Collar & cuff



Detailed instructions on how to tie your sling can be found on the **Brighton Virtual Fracture Clinic** website. Use the QR code opposite or follow the link below.

fracturecare.co.uk/general-advice/living-with-a-sling/