

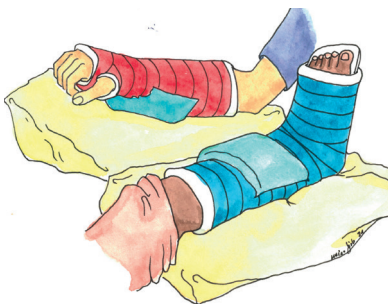
# Cast Care

## **Patient information**



**Your child was put in a cast due to a bone fracture or injury. We would like to draw your attention to the following points!**

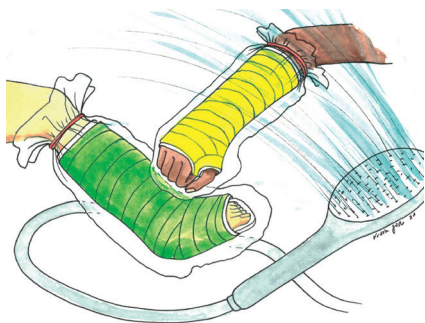
The **pain medication** prescribed by the doctor should be **taken regularly in the first 2-3 days.**



In the beginning, the affected leg or arm should be kept **elevated** and **cool at the location of the fracture**, for example using a cold pack.

**Keep the cast elevated and out of the water when showering or bathing.** This prevents the water from getting under the cast.

**In addition, you can protect the cast with a well-sealed plastic bag.** This will not ensure complete protection if the affected arm or leg is held under the water stream.



**The cast must not get wet!** A **wet cast** must be **changed** because it can lead to **significant skin damage**.



**Make sure the cast does not get extremely dirty and your child does not play in places like a sandbox.** Grains of sand and dirt particles can easily get under the cast and lead to significant **skin damage**.

**In case of itchiness, objects such as knitting needles, pens or similar must never be placed under the cast to scratch oneself.** This can lead to **significant skin damage**.

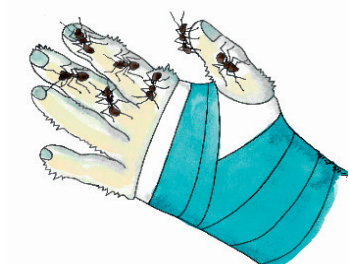
In the event of strong itchiness, appropriate medications are available. Contact your pediatrician for advice.



# What problems can occur while using a cast?

## **Pain or sensory disturbances such as tingling, formication or feeling cold**

Keep the affected arm or leg elevated.



## **Skin discoloration**

Keep the affected arm or leg elevated.

## **Increased swelling and/or feeling of tightness**

Keep the affected arm or leg elevated.



**The symptoms do not get better or even increase within 30–60 minutes after this?**

**Contact your pediatrician or UKBB immediately!**

# Where do you call?

- Contact your pediatrician directly
- Contact UKBB:
  - 8 am - 7 pm: +41 61 704 25 15
  - 7 pm - 8 am: +41 61 704 12 12

**If the cast gets wet, loose or broken, please contact us right away!**

**In the event of strong symptoms, please go directly to the UKBB emergency room!**

Notes, questions etc.

---

---

---

---

---

---

---

---

---

---