

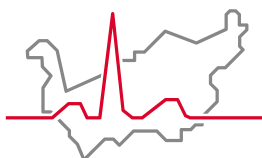
My child has a cast, what should I do?

INFORMATIONS FOR PARENTS



Hospital Centre of the French-speaking Valais Region
Paediatrics Department / Paediatric emergencies

This document is designed to help you monitor your child while they are immobilized with a cast.



Hôpital du Valais
Spital Wallis

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FOR YOUR CHILD'S SAFETY AND WELL-BEING, PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY:

- Follow any prescription or medical orders immediately.
- Allow the cast to dry properly: 24 to 48 hours for a traditional cast, 4 hours for a synthetic cast
- Keep the immobilized limb elevated as much as possible, especially during the first day and night or for the entire duration of the immobilization if numbness or swelling appear.
- Arm cast: rest it on a pillow.
- Leg cast: place supports (about 15 cm high) under the foot of the bed.
- Move fingers and toes frequently.
- Do **not** walk on the cast.
- Do **not** insert objects into the cast.
- Do **not** get the cast wet unless instructed otherwise.
- Do **not** scratch under the cast if the skin gets itchy — it may cause injury.
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IF DESPITE THESE PRECAUTIONS, ANY OF THE FOLLOWING SYMPTOMS APPEAR, RETURN TO THE HOSPITAL IMMEDIATELY:

- Inability to stretch or move the fingers or toes.
- Severe pain in the casted limb, or abnormal sensations such as tingling, cramps, or numbness.
- Swelling of the fingers or toes with a feeling of pressure.
- Pale or bluish color of the fingers or toes (remove nail polish if present).
- Cold or, conversely, unusually warm fingers or toes.
- A broken or damaged cast

Swelling and mild edema are normal reactions after an injury or surgical procedure. If, despite these recommendations, the cast causes problems, do not hesitate to contact the Pediatric Emergency Department team at 027 603 41 61.

When can you come in for a consultation?

We welcome children aged 0 to 16 years, 24 hours a day, 7 days a week.

CONTACT (IN FRENCH)

Centre Hospitalier du Valais Romand

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