



Taking Care of Your Child's Cast

Now that your child's cast has been put on, there are a few things you should know about care of it. Usually once a cast is put on, most of the pain from the fracture improves. If your child still is experiencing discomfort, give them ibuprofen every 6-8 hours until they feel better.

When a bone is broken, there is always some associated swelling. If this worsens after the cast is applied, it can affect circulation. For the first few days, try to have your child keep the cast elevated as much as possible either by putting it on a pillow when they are sleeping or up on the side of the couch when sitting at home. As long as the nail beds are pink and the fingers/toes aren't "pins and needles" then all should be fine.

Sometimes after the initial swelling has resolved the cast may actually be too loose. This is especially true with toddlers since a little wiggle room for them can allow them to pull the cast right off. If it seems that the cast isn't immobilizing the arm or leg as much as it did originally, let me know. Occasionally a new cast is needed.

Here at **1-to-1 Pediatrics**, we use waterproof underlayment (padding) for most casts. In general, I recommend trying to keep the cast dry during bathing/showering by covering it with a plastic bag. Pharmacies sell heavy duty coverings with a rubber "gasket" made for this purpose. If the cast *does* get wet, however don't worry. Just let the extremity hang down for a bit and it will quickly drip-dry.

Of course having friends, family and teachers sign the cast is a fun tradition. For light colored cast, a black sharpie works well. For darker colors, the silver or gold sharpies look great.

Most casts in pediatrics are kept on for 4 weeks. If it seems that the cast isn't holding up well or if some of the padding has been pulled out of place and the cast is causing irritation, please call the office so we can take a look at it.

--Be Well

Drew Nash, MD