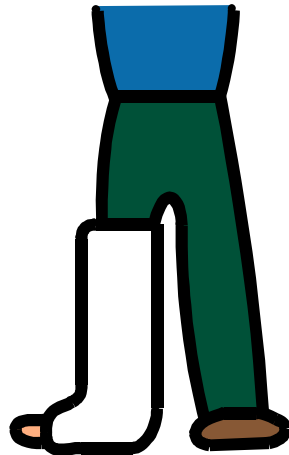




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University Health Board



## Advice Leaflet for Parents with Children in Plaster

Children's Orthopaedic Clinic  
Tel- 01792 703010

Bridgend Children's Centre  
Tel- 01656 752237

Neath Port Talbot Children's Centre  
Tel- 01639 862713



Information for Parents

Your child has been put into plaster to stretch the muscles and the ligaments around the ankle joint.

If your child complains that the plaster is :

- Too tight or sore with pain/ burning under the skin.
- Numbness, tingling or loss of feeling in the toes.
- Change of colour or swelling of toes– if they go white or blue.
- Anything that you are worried about your child in plaster.

Please contact the clinic if you are worried about any of the above.

Between 8.30 am and 5 pm someone at the Children's clinic should be able to remove the plaster but you must ring before coming. If you cannot contact anyone at the clinic then you must attend your nearest Accident and Emergency department where it will be removed for you. The plaster need not be re-applied.

Remember:

- Damage to the plaster or immersion in water may necessitate its removal sooner than planned.
- While your child is in plaster you must follow your Physiotherapist's advice on activities.
- Encourage your child to rest while the plaster dries. This usually takes approximately one hour or slightly longer depending on the type of plaster being used.
- Follow instructions on exercises to help circulation and reduce swelling.
- Elevate the limb when sitting for long periods.
- Use the plaster sandal or boot provided.
- Be vigilant for any rubbing or irritation to the skin.
- Keep the plaster dry.
- Never poke anything sharp down the plaster. This may cause pressure and lead to ulcers. Anything inserted into the plaster can irritate the skin.
- Encourage your child to walk in the plaster. This will stretch the muscles concerned.