

# If your child has a plaster

Keeping our mob healthy

## Everyday care

### How to look after your plaster:

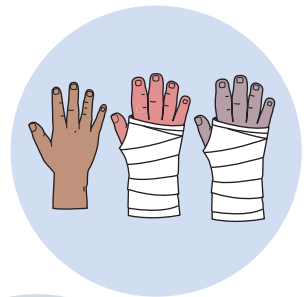
- It is important to leave the plaster alone
- No water
- Wrap the plaster in a towel then a plastic bag and tape the top or glad wrap for shower or bath
- Don't put anything inside the plaster
- No scratching as it can make sores
- Check that fingers or toes haven't slipped inside the plaster
- Only walk on leg plaster if the doctor says you can
- Move or wiggle fingers or toes in the plaster
- Do not play any sport
- Don't play in dirt or sand
- Doctor will tell you when you can go back to school



## See a doctor if any of these happen

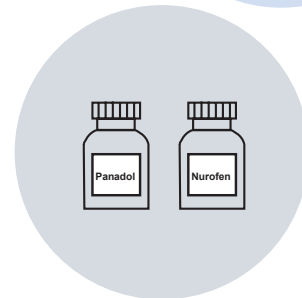
### Look out on the hand/fingers/foot/toes for:

- Temperature- too hot or cold to touch
- Skin colour- should be the same as the other arm or leg
- Trouble moving hand or leg
- Numbness or pins and needles
- Swollen toes, hands or fingers, should go down in size over the next few days
- If your child is sick



## Pain medicine

Give Panadol **or** Nurofen if paining. Read the pack for how much and how often. Tell a doctor if it's still sore.



## Follow up care

You will get an appointment letter sent out in the mail.  
Please bring your child back so we can check they are healing well.

### This is important.

If you have any worries when you go home please take your child to the doctor, clinic or come back to PCH.

