How to care for a Delta cast plaster

Information for parents & carers

Paediatric Orthopaedic services

This document can be provided in different languages and formats. For more information please contact:
Paediatric Orthopaedic Department
C/o Children’s Outpatients East
Nottingham Children’s Hospital
QMC campus
Tel: 0115 924 9924 ext. 68426 / 61210

This leaflet is aimed at patients who have had an application of a Delta cast plaster for a broken bone/soft tissue injury, or following an operation.

This leaflet aims to tell you how to care for your plaster cast, and signs and symptoms to be aware of.

How to care for a Delta cast plaster

Your child has been placed in a plaster cast; this holds the bones still whilst they heal & helps relieve pain

- The cast will take 1 hour to dry out. During this time an arm cast should be supported by a sling and not covered until dry.
- Your child should be encouraged to move his/her fingers or toes as often as possible
- When your child is resting his/her arm or leg should be raised by resting on pillows. Please do not place the pillow directly under the heel of the cast as this may cause a pressure sore to develop on the heel.
- It is common for the arm or leg to itch under the cast. Keeping it cool may help reduce itching.
- Do not put anything down the cast to scratch
- When washing, the cast should be covered with a waterproof covering to prevent it getting wet.
- The cast may be written on when dry. Felt tip pens can be used. Always keep the cast dry.
Contact us if any of the following happen:

- The cast is too tight
- The fingers or toes become swollen, have lost feeling or change colour.
- The area under the cast is painful and feels hot in one particular area as it is possible to get a sore or blister under the cast.
- If the skin on the affected limb becomes sore or broken
- There is an odd smell from the cast.
- Your child has pushed any items down the cast e.g. pencils/beads.
- The cast becomes soft or cracked
- The cast gets wet. Do not dry with a hairdryer.

You will need to check the cast and the arm or leg frequently for swelling, discolouration, tingling, pins & needles for the first few days.

For further advice contact:
Children’s outpatients,
Tel: 0115 924 9924 ext. 68426 / 61210 Mon – Fri 8.30am -6pm

Ward D34 Tel: 0115 9249924 ext. 69034 Evenings or Bank Holidays

Children’s Emergency Department Evenings or Bank holidays Tel: 0115 924 9924 ext. 61148 or 61149

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone (QMC Campus): 0800 183 0204
From a mobile or abroad: 0115 924 9924 ext 65412 or 62301
E-mail: pals@nuh.nhs.uk
Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614, Nottingham NG7 1BR

www.nuh.nhs.uk

If you require a full list of references for this leaflet please email patientinformation@nuh.nhs.uk or phone 0115 924 9924 ext. 67184.

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