

- The length of your child's cast should not be trimmed.
- The skin along the cast edges should be checked daily for signs of irritation such as blisters or redness.
- If your child is on a lower limb cast, he/she should not walk on the casted foot. Doing so can result in development of pressure sore on the ankle/foot.

Follow-up appointments

Your child will be given a follow-up appointment to see a paediatric orthopaedic doctor to decide the next course of action. Please remember to go for the appointment.



About the Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents, and are the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit www.nuh.com.sg/ktp-nucmi.

Contact Us

24-hour Children's Emergency

Location: NUH Main Building, Zone F, Level 1
General Enquiry: +65 6772 5000

KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)
Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)
General Enquiry: +65 6772 5736 Appointment Line: +65 6772 2002
Fax: +65 6776 2102 Email: ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children's Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9
Operating Hours: 8am – 5.30pm (Mon to Fri)
Appointment Line: +65 6772 5030 Fax: +65 6872 4314
Email: cbccappt@nuhs.edu.sg

NUH Children's Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899
Operating Hours: 9am – 11pm daily (including public holidays)
General Enquiry: +65 6219 1538 Email: childrenucc@nuhs.edu.sg
Website: www.nuh.com.sg/ucc

NUH Child Development Unit @ JMC

Location: Jurong Medical Centre,
60 Jurong West Central 3, Level 2, Singapore 648346
Operating Hours: 8.30am – 5.30pm (Mon to Fri)
Appointment Line: +65 6665 2530/2531 Fax: +65 6665 0158
Email: cdu@nuhs.edu.sg Website: www.nuh.com.sg/cdu

NUH Child Development Unit @ Keat Hong

Location: Keat Hong Community Club,
2 Choa Chu Kang Loop, #03-01, Singapore 689687
Operating Hours: 8.30am – 5.30pm (Mon to Fri)
Appointment Line: +65 6769 4537/4637 Fax: +65 6665 0158
Email: cdu@nuhs.edu.sg Website: www.nuh.com.sg/cdu

National University Hospital

Location: 5 Lower Kent Ridge Road, Singapore 119074
Tel: +65 6779 5555 Email: NUH_enquiries@nuhs.edu.sg
Website: www.nuh.com.sg



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Information is correct at the time of printing (Mar 2022) and subject to revision without prior notice.

Cast Care



Why does my child need a cast?

A cast is used to immobilise and protect a fractured bone or a badly sprained joint as it heals. It also helps with pain relief while immobilising the injured area.

The plaster cast feels warm when it is first applied because of the reaction between the plaster and water. It will feel firm after 10 to 15 minutes but it will take up to 48 hours to dry completely. While it is drying, it may feel cold and clammy because the water is evaporating.

What are the complications of a plaster cast?

Although a plaster cast is a very safe method of treatment, complications may occur. These include:

- Pressure sores
- Skin irritation or infection
- Impaired blood circulation
- Nerve damage
- Loss of fracture reduction when swelling improves

What to note after returning home

It will take your child some time to adjust to a cast because it will limit his or her movement. Observe your child's cast often and **return to the hospital immediately if:**

- **The fingers or toes are pale or bluish, cold or very swollen.**
The fingers or toes should be pink and warm. Compare their colour, temperature and size with those on the other arm or leg. Nail polish should not be worn when your child is on a cast as it makes it more difficult to check his or her blood circulation. Mild swelling of the injured area is expected over the first few days. However, this should not be severe.
- **He or she is unable to pull the toes up and away from the cast or fully straighten the fingers.**
Your child should be able to move his or her fingers or toes normally. He or she should be able to curl the toes downwards and pull them (including the big toe) up and away from the cast. Your child should be able to straighten and bend all the fingers and thumb, and close and separate extended fingers. Encouraging your child to move his or her fingers or toes frequently will help reduce swelling and prevent joint stiffness.
- **There is increasing or constant pain unrelieved by medicine.**
- **There is constant numbness, tingling or a "pins and needles" sensation.**
- **There is a foul smell, discharge or staining.**
Infection under the cast is rare but does occur occasionally. It is usually not noticeable until the cast has been applied for more than 1 week.
- **The cast is soft or cracked.**
- **The cast feels tight.**
Remember that a cast should never feel tight. If it feels tight, your child's arm or leg may be swollen inside the rigid cast and this could compromise blood circulation.



Taking care of the cast

- Avoid bumping or knocking the cast against any hard surfaces.
- The cast should be kept dry and clean. During a shower/bath, use a plastic bag or a cling wrap to wrap around the cast. Ensure that water does not trickle/seep in as it may cause the skin to become damp and moist, and contribute to infections. If water accidentally gets in, please bring your child back to Children's Emergency for a change of cast.
- An arm cast should be supported by a sling to protect the shoulder muscles and provide comfort. Arm slings made from fabric with adjustable strap are easily available in local pharmacies.
- Ensure that your child does not use any sharp objects such as knitting needles or sticks to scratch under the cast. If itchiness is a problem, get in touch with your child's doctor who may order some medicine for the itchiness. You could always try to blow some cool air down the cast by using a hair dryer set on cool.
- Cotton or tissue paper should never be stuffed under the edges of the cast because this may reduce the blood circulation to your child's arm or leg.
- Avoid getting crumbs, coins, food or small toys under the cast because they can irritate the skin.
- When your child is sleeping, resting or watching television, the casted arm or foot should be raised onto a pillow to help reduce swelling.