



You have a **cast** to keep your broken bone(s) from moving and help it heal. You have a plaster cast.

- Keep it dry, as a wet cast can break. Cover the cast with a waterproof bag when bathing.
- May stay moist and take 3 days to completely dry. For this reason, do not rest it on a hard surface or corner as this may dent your cast.

How to keep the cast in good shape? Keep it clean.

- Avoid getting it dirty or having debris get inside the cast. Cover the cast while eating.
- Do not apply powder, lotion, cream or deodorant on or underneath the cast.
- Do not insert objects into cast; do not scratch the skin underneath the cast with an object.
- Leave cast changes to your doctor. Do not pull the padding out for the cast, trim the cast or break the edges.

Pain Management: You may have **pain** for the first week.

- Keep the casted limb raised, using a pillow, chair or sling. This will lower the swelling.
- Use Acetaminophen or Ibuprofen (unless allergic). Follow the instructions on the bottle or prescription.
 - _____ can be given at _____ every _____ hours.
 - _____ can be given at _____ every _____ hours.

The skin underneath your cast may feel **itchy**. This is normal. To relieve itchy skin, use a hair dryer (on cool setting) to blow air into the cast.

When should we ask for help?

- An object has fallen into the cast or the cast is broken
- There is redness on the skin around the cast edges
- Your fingers or toes become blue or white or swelling increases and does not improve
- Your pain is getting worse or new or persistent numbness or tingling
- Should urinate (pee) by _____, if not please return to the emergency department

Traumatology

Monday to Friday
8:00 am to 4:00 pm
514-412-4400, ext.23310

Orthopedic Fracture Clinic

Monday to Friday
8:00 am to 4:00 pm
514-412-4400, ext. 23250

Montreal Children's Hospital

Monday to Friday
4:00 pm to 11:00 pm
Saturday and Sunday
8:00am to 11:00 pm
514-934-1934, ext. 53333

If there is an emergency
after 11:00 pm please
come to the emergency
room of the hospital

The follow-up will be at

☐ **Montreal Children's Hospital** in _____ weeks at the Fracture Clinic, please call 514-412-4040.

☐ **Shriners Hospital** in _____ weeks, please call

- Dr. Benaroch Care coordinator: Annie Gagnon-Grenier, annie.gagnongrenier@shrinenet.org, 514-282-8543
- Dr. Bernstein Care coordinator: Mario Rinaldi, mrinaldi@shrinenet.org, 514-282-7160
- Dr. Drager Care coordinator: Jade Goyette, jgoyette@shrinenet.org, 514-282-8339
- Dr. Janelle Care coordinator: Gloria Bukovy, gbukovy@shrinenet.org, 514-282-6999
- Dr. Pauyo Care coordinator: Laura Farrell, laura.Farrell@shrinenet.org, 514-282-8537
- Dr. Ouellet Care coordinator: Noemie Dufresne, noemie.Dufresne@shrinenet.org, 514-282-7211
- Dr.Saran Care coordinator: Julia Cheung, julia.cheung@shrinenet.org, 514-282-8314