



## Bub has a plaster

### How to look after your plaster:

- It is important to leave the plaster alone.
- Don't get it wet.
- For showers or baths, wrap the plaster in a towel then a plastic bag and tape the top or use glad wrap.
- 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.
- The doctor will tell you when you can go back to school.



### See a doctor if any of these happen

#### Watch 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 bub is sick.



### Pain relief

If bub is in pain give them paracetamol or ibuprofen. See a GP or health clinic if pain medication is not working.



#### Paracetamol (Panadol)

Given at: \_\_\_\_\_

Next dose at: \_\_\_\_\_

**No more than 4 times in 1 day**

See packet instructions



#### Ibuprofen (Nurofen)

Given at: \_\_\_\_\_

Next dose at: \_\_\_\_\_

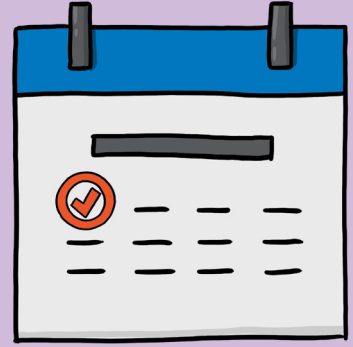
**No more than 3 times in 1 day**

See packet instructions

## Follow up

You will get an appointment letter in the mail. **Please bring bub** so we can check they are healing well. This is important.

If you have any worries or concerns when you go home please take bub to the GP, health clinic or emergency department.



Government of **Western Australia**  
**Child and Adolescent Health Service**

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**This document can be made available in alternative formats on request for a person with a disability.**

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