



Department of Orthopaedics

## **Hip Spica - Plaster Cast Discharge Advice**

Information for parents and carers

Patient name .....

Patient AH No.....

### **Introduction**

Your child is going home in a Hip Spica plaster cast. The plaster cast is holding your child's legs in the correct position to allow for healing following their surgery. Once your child goes home from hospital it is important that the plaster cast is cared for correctly. A plaster cast is a medical device and must be used correctly at all times so that it does not cause any harm. The role of a plaster cast is to:

- correct bone and muscle injuries by limiting movement,
- protect the area that has been treated whilst it heals.

### **Pain**

It is recommended you give your child their medication as prescribed regularly on discharge. Once at home reduce the pain relief medicine gradually as you have been advised by the Medical/Nursing team.

### **Lying Flat**

The cast applied around the hip may require your child to be nursed in a flat position.

Your child's leg can be propped up on pillows when they are resting.

Keep changing your child's position on a regular basis during the day, so there is no continuous pressure on one spot. Do this at least every four hours to help prevent the skin from breaking down.

### **Skin Care**

Keep the skin around the edges of the plaster cast clean and dry at all times. Observe the skin around the cast regularly. Change your child's position regularly throughout the day as shown to you by the nursing staff.

### **Please Do Not**

- Allow the plaster cast get wet.
- Use a hairdryer to dry the plaster cast.
- Remove any part of the plaster cast.
- Push anything down the plaster cast.
- Let your child play with sand or small toys that may fall down the plaster cast.
- Allow your child to stand in the plaster cast.
- Put your child in a baby walker/bouncer.
- Use lotions, powders or oils under or around the cast.
- Paint the cast, this will close the pores of the plaster.



Check your child's skin every day for any areas that may seem irritated or uncomfortable.

If your child is incontinent whilst in a "Hip Spica" please ensure that you follow the advice of nappy care. Change the nappies frequently to prevent the plaster cast from becoming contaminated and/or damaged.

**Contact the hospital if:-**

- Your child's feet become white or blue.
- Your child becomes distressed without any obvious reason.
- The plaster cast appears tight and/or it is digging into the skin.
- The plaster cast becomes damaged or broken.
- Your child is experiencing burning sensations or pain in the heel (under the plaster).



**Contact Telephone Numbers**

Ward 4A	0151 293 3109
Plaster Room	0151 293 3109
Orthopaedic Nurse Specialist (contactable via your child's consultant secretary, Monday to Friday.)	0151 228 4811

**Additional instructions**

**Follow-up appointments**

Outpatients Department .....

Readmission date: .....

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

Alder Hey Children's NHS Foundation Trust  
Alder Hey  
Eaton Road  
Liverpool  
L12 2AP

Tel: 0151 228 4811  
[www.alderhey.nhs.uk](http://www.alderhey.nhs.uk)

