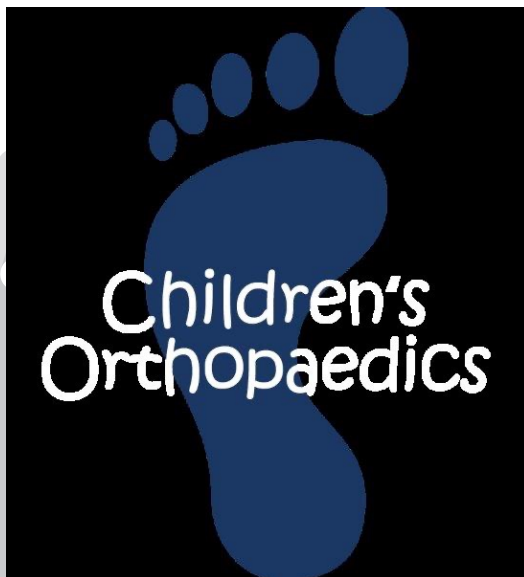


Information about

# General Fractures



Royal Hospital for Children  
Trauma and Orthopaedic Department  
1345 Govan Road  
Glasgow G51 4TF

**Your child has attended the hospital or minor injuries unit with a fracture (broken bone):**

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**The treatment they have received is:**

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### **How is it treated?**

We shall either use a temporary plaster initially called a backslab or a full plaster cast to support the broken limb.

A backslab is half plaster cast and half soft bandage and supports the fracture while allowing for any further swelling.

### **Care at home**

Fractures are painful, but having a cast on will support the fracture and should help with the pain.

In the first few days after the fracture, simple pain relief like Paracetamol (Calpol) and Ibuprofen (Nurofen), can help relieve any discomfort. Always check the packaging and doses before giving any medication.

It is common for swelling to occur to hands, fingers or feet, toes in the first few days after fracture. It is important to keep your child's limb elevated (raised), on pillow or arm rest, to prevent this as much as possible.

Encouraging your child to regularly wiggle their fingers or toes also helps prevent swelling.

If your child has an upper limb fracture we will also give your child a sling wear to help support their arm. They should wear this when up and about, but they can remove it when sitting down. **Your child should not wear the sling while in bed or sleeping.**

## Follow up

Your child will receive a fracture clinic appointment on:

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These clinics can be very busy as many children have x-rays taken, casts changed and are reviewed by orthopaedic staff over the course of a morning, so we ask for your patience.

When you attend, we expect your child to:

Have an X-ray

Be reviewed by a member of staff to decide on further plan

Your child's total time in cast will be approximately \_\_\_\_\_ weeks.

After the cast is removed your child may not be able to return to their normal activities immediately. Further guidance will be provided.

## Concerns or queries

If you have any concerns about your child's condition please contact

**Acute orthopaedic trauma liaison team:**

**☎ 0141 451 8497 or 0141 451 5644**

**✉ [ggc.rhcorthotrauma@ggc.scot.nhs.uk](mailto:ggc.rhcorthotrauma@ggc.scot.nhs.uk)**

Or for plaster issues contact plaster room directly on

**☎ 0141 452 4129**



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