

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at patient.information@ulh.nhs.uk

Frog Plaster/Hip Spica

Discharge Advice

Children's Services

Lincoln County Hospital
Pilgrim Hospital, Boston
Grantham and District Hospital

www.ulh.nhs.uk

Simple rules to follow at home

- Encourage your child to move about as much as possible. Give your child small but regular meals and drinks to prevent the discomfort of indigestion or nausea.
- Inspect the skin around the cast including around the spine and ankles and nappy area during every nappy change.
- Use very small nappies and tuck them into the cast to prevent the cast being soiled. It also keeps your child drier and prevents the skin deteriorating.
- Do not put anything down or inside the cast for example:

Talcum powder - as this may cause irritation

Small toys - if lost in the cast can also cause problems

- When your child is lying down ensure the cast is not cutting into the skin. To avoid this position put a pillow under the cast.

Please contact the hospital if:

- Your child's toes become swollen.
- Your child's toes change colour from healthy pink to purple, white or blue.
- If there is an unusual smell to your child's plaster.
- If there is any bleeding coming through onto the plaster.
- The cast is damaged in any way or it begins to crack.

If the cast is synthetic allow 1 hour to dry
Otherwise
24 hours

Do not get the cast wet

The cast must only be modified or removed by nursing/medical staff. If you are having problems contact one of the numbers below.

Contact Information

Lincoln:

Safari Ward 01522 573172
Rainforest Ward 01522 573786
Plaster Room 01522 573786
Monday to Thursday 8.30am to 5.30pm
Friday 8.30am to 4.30pm
Accident and Emergency Department 01522 512512

Boston:

Children's Ward 01205 445563
Accident and Emergency Department 01205 445579

If you are concerned, it is important your child is seen by a doctor or a nurse.

In an emergency you must take your child immediately to your local Accident and Emergency department

Out-patients appointment

You will be advised before leaving the ward when the doctor needs to see you again.

All appointments are sent in the post