Your child was put in a cast due to a bone fracture or injury. We would like to draw your attention to the following points!
The pain medication prescribed by the doctor should be taken regularly in the first 2–3 days.

In the beginning, the affected leg or arm should be kept elevated and cool at the location of the fracture, for example using a cold pack.

Keep the cast elevated and out of the water when showering or bathing. This prevents the water from getting under the cast.

In addition, you can protect the cast with a well-sealed plastic bag. This will not ensure complete protection if the affected arm or leg is held under the water stream.
The cast must not get wet! A wet cast must be changed because it can lead to significant skin damage.

Make sure the cast does not get extremely dirty and your child does not play in places like a sandbox. Grains of sand and dirt particles can easily get under the cast and lead to significant skin damage.

In case of itchiness, objects such as knitting needles, pens or similar must never be placed under the cast to scratch oneself. This can lead to significant skin damage. In the event of strong itchiness, appropriate medications are available. Contact your pediatrician for advice.
What problems can occur while using a cast?

Pain or sensory disturbances such as tingling, formication or feeling cold
Keep the affected arm or leg elevated.

Skin discoloration
Keep the affected arm or leg elevated.

Increased swelling and/or feeling of tightness
Keep the affected arm or leg elevated.

The symptoms do not get better or even increase within 30–60 minutes after this?

Contact your pediatrician or UKBB immediately!
Where do you call?

- Contact your pediatrician directly
- Contact UKBB:
  - 8 am - 7 pm: +41 61 704 25 15
  - 7 pm - 8 am: +41 61 704 12 12

If the cast gets wet, loose or broken, please contact us right away!

In the event of strong symptoms, please go directly to the UKBB emergency room!
Notes, questions etc.

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