

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET.n@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202507-02-DAFA
Created: August 2024/ Revised: July 2025
Review Date: July 2027

INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Discharge advice

Arm fracture surgery



Outstanding Care,
Compassionate People,
Healthier Communities

Plaster cast

Your arm will be in the best position to heal, so please look after your plaster cast. Do not push anything down your cast if you are itchy. If there is a problem with your cast such as it is rubbing your skin, it has cracked, it feels too tight or too loose, please call the plaster room to arrange an appointment to have it corrected (number in contact details).

Please do not write on your cast for the first 48 hours.

Bathing

Try to keep your cast dry. You can still have a bath but keep your arm out of the water.

Waterproof protective covers can be purchased online should you chose to do so.

Limb elevation

Your child or young person will be discharged with a sling. This will hold their arm at the right angle to promote blood flow. Please ensure that this is worn whilst they are walking around.

Pain relief

Your child or young person can take pain relief as required. Please follow the instructions on the bottle.

Paracetamol and Ibuprofen should be enough to keep your child or young person comfortable. If the pain is worsening or not relieved by pain relief medication, please seek medical advice from either your GP or your local Emergency Department.

Your child or young person last had pain relief at:

Paracetamol

Ibuprofen

Flying

If you intend on flying with a new plaster cast, please inform your doctors. You may also need to speak to your airline.

Follow up

If your child or young person requires a follow up appointment, this may be given to you prior to discharge but is usually posted to your home address.

If your appointment does not arrive in the post, please call the main hospital switchboard on (01623) 622515 and ask you speak to your consultant's secretary, who will be able to help you.

Please make sure your child or young person attends all their appointments.

Contact details

If there is any problem or concern regarding the cast, please call the plaster room on 01623 622525, extension 4114.

Opening times are 9am to 4pm, Monday to Friday.

Outside of these hours, please contact the Emergency Department on 01623 622525, extension 4121.