Calderdale and Huddersfield
NHS Foundation Trust

Orthopaedic Department

Care of your child in a Frog Plaster or Hip-spica



Do

- Keep the cast dry at all times.
- Strip wash your child as often as necessary and dry thoroughly. Hair washing can be done over the edge of a sink or bath using a jug. You will need the help of another person to hold the child.



- Wash the toilet area at each nappy change and apply cream sparingly to prevent the skin getting sore. Frequent nappy changes are advised in the day and at least once in the night. Disposable nappies can be adapted for use. A smaller nappy may be used or cut down in size to fit the toilet area with a larger nappy over the top of the cast. Alternatively a large absorbent sanitary towel may be used on the inside of a larger nappy. Nappies should not be tucked under the cast.
- Check the skin daily around the top of the cast, toilet area and ankles for any redness.

Do not

- Attempt to trim or reshape your child's cast.
- Insert anything into your child's cast, as this may cause the skin to break down.
- Bath your child in the cast. A strip wash (sponge down) replaces bathing.
- Put talcum powder down the cast or toilet area as this may cause skin irritation.

compassionate care

Please ring the Plaster Room or the Accident and Emergency Department:-

- If toes or feet feel unusually cold, especially in a warm atmosphere, or look blue in colour or become very swollen.
- If the cast becomes too tight and your child appears distressed or uncomfortable.
- If an object is dropped or pushed down the cast.
- If the cast becomes loose, soft, cracked or broken.
- If your child complains of rubbing or a burning sensation under the cast.

Clothing

Larger sizes are usually required, and these can be split and then re-applied using tapes, poppers, Velcro or zips.

Bedtime

For younger children/babies place something under the top end of the mattress to raise the head. This will allow the urine to remain in the nappy. The plaster will act as insulation, therefore fewer bed clothes may be required.

Eating/Drinking

Place your child in an upright position, either strapped in a normal high chair or supervised on a beanbag. Cover the cast with a large towel and use a closed cup or straws for drinking so as to prevent any accidents.

Moving and Travelling

Smaller babies will often fit into a pushchair with pillows for support. Car journeys may be a problem as many children can not be safely strapped into their car seats. Advice on specialised equipment may be sought from S.T.E.P.S.

How is the Spica removed?

It is normally removed with the use of a plaster saw. This procedure is noisy and a little awkward. Expect the skin to be flaky and your child to be a little stiff. The stiffness will gradually resolve.

Useful Contacts for Information

Any concerns or problems with the cast please ring:

S.T.E.P.S.
The National Association for Children with
Lower Limb Abnormalities/Problems
Telephone No: 01925 757525

Huddersfield Royal Infirmary
Plaster Room
Telephone No: 01484 342562
Monday - Friday 9.00am - 4.30pm

Out of hours
Accident and Emergency Department
Telephone No 01484 342300

Calderdale Royal Hospital
Plaster Room
Telephone No: 01422 222079
Monday - Friday 9.00am - 4.30pm

Out of hours
Accident and Emergency Department
Telephone No 01422 223842

Reference - Sheffield Childrens NHS Trust Hip-Spica Cast - Information Leaflet

If you have any comments about this leaflet or the service you have received you can contact :

Plaster Room
Orthopaedic Department

Huddersfield Royal Infirmary
Telephone No. 01484 342562

Calderdale Royal Hospital
Telephone No. 01422 222079

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z www. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براہ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"