

Removing the cast: This should be carried out in the morning (rather than at night) to allow you to monitor your child's arm throughout the day for pain and swelling.



Cut off the cast with normal scissors. Open the cast and slide the arm out. If it is too difficult to cut the cast soak the cast for 10 minutes in a basin of water or in the bath as part of bath time. Then unroll the cast.



Find the end of the roll of the cast and unroll the coloured strip. This may need a few tugs as it will be sticky – this will not affect the healed fracture. Keep unwrapping until there is no coloured bandage left, then slip off any padding.