

Your child's broken elbow, fixed with wires

For parents, after surgery on a child's elbow



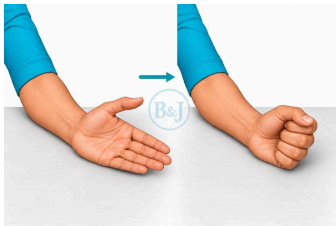
The plaster stays on for as long as we have written on your prescription. The later stages count from the day it comes off.

If your doctor wrote a different plan on your prescription, follow that instead of this page.

While in plaster

For the first 2 days keep your child's hand raised on pillows, above the level of the heart, and check the fingers often: they should be pink, warm and moving. Give the pain medicine exactly as we have prescribed. The wires are removed in the clinic when the plaster comes off, usually after 3–4 weeks; this is quick and usually needs no injection.

Arm use Arm in the sling. Your child can use the fingers for light play, drawing and eating. School is fine once the pain has settled, usually after a few days.



Composite fist

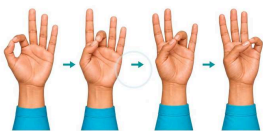
Make a full fist slowly, then open fully.

10 times

Every hour while awake

✓ **Should feel**
Full movement

✗ **Should not feel**
Catching that hurts



Finger to thumb touches

Touch each fingertip to the thumb in turn.

10 rounds

3 times a day

✓ **Should feel**
Smooth control

✗ **Should not feel**
Locking

Not yet Getting the plaster wet, pushing anything inside it, running games, climbing, cycling or rough play.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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sheet 84

Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

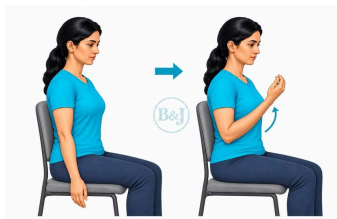
Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

First 2 weeks after the plaster comes off

Let your child move the elbow freely in daily play. Children get their movement back on their own over a few weeks; most do not need physiotherapy.

Arm use Normal light use and play. A little stiffness and a bent-looking elbow are expected at first and improve week by week.



Elbow bend and straighten

Sit with the arm by your side. Bend the elbow slowly as far as it goes, bringing the hand up, then straighten it fully.

10 times

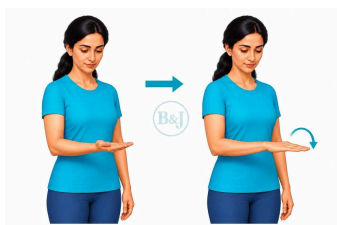
3 times a day

✓ Should feel

A gentle stretch at the front or back of the elbow

✗ Should not feel

Sharp pain



Forearm rotation

Elbow tucked in, turn the palm up and down slowly.

10 times

3 times a day

✓ Should feel

Free movement

✗ Should not feel

Clicking with pain

Not yet Massaging, pulling or forcing the elbow straight, by anyone: it can make the elbow stiffer and harm the joint. Climbing, cycling or sport.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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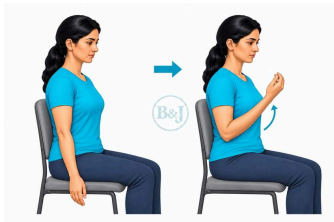
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2 to 6 weeks after the plaster comes off

Back to normal play. Carry on with the elbow exercises until the elbow moves like the other side.

Arm use Normal use.



Elbow bend and straighten

Sit with the arm by your side. Bend the elbow slowly as far as it goes, bringing the hand up, then straighten it fully.

10 times

Daily

✓ Should feel

A gentle stretch at the front or back of the elbow

✗ Should not feel

Sharp pain

Not yet Climbing frames, trampolines, cycling and contact sport until we clear your child, usually about 6 weeks after the plaster comes off.

Looking after the plaster

- A plaster takes up to 2 days to harden fully. Until then, rest it on a pillow and do not press, knock or walk on it.
- Keep it dry. For a bath, cover it with two plastic bags taped at the top, and still keep it out of the water.
- Never push anything inside to scratch, and do not pull out the padding or trim the edges.
- No oil, powder or cream under the plaster. For itching, blow cool air inside with a fan or a hair dryer on the cold setting.
- Do not cut or remove the plaster yourself. We remove it in the clinic.

When the plaster comes off

- The skin will be dry and flaky. Wash it gently with soap and lukewarm water, pat it dry and put on a plain moisturiser. Do not scrub or pick at it.
- The limb will feel stiff, weak and thinner for a few weeks. This is normal and improves with the exercises.
- Some swelling, aching and stiffness, worse by evening or in cold weather, can last for some months.



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Stop and telephone us if

- Pain that keeps getting worse despite the medicine, or your child cries when you gently straighten the fingers
- The fingers become pale, cold, blue or numb
- Your child cannot move the fingers or thumb
- The fingers stay very swollen even with the hand raised
- Fever, a bad smell or discharge from under the plaster
- The elbow is still very stiff or looks crooked 6 weeks after the plaster comes off



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