

## WHAT YOU NEED TO KNOW: BROKEN BONES AND INJURED LIGAMENTS



Broken bones (fractures) and injured ligaments (sprains) are some of the most common reasons children and youth visit our Emergency Department.

Many children and youth with broken bones or injured ligaments need to come back to our orthopedic clinic within 7-10 days of their injury. Here they will get new X-rays and our specialists will assess the injury. They may need a cast change.

### Plaster cast/splint care

1. Keep the cast or splint completely dry. It's easier to keep the cast dry with a bath than a shower.
2. Do not stick anything in the cast if it gets itchy. Help your child or youth relieve the itch using vibration (tapping on the cast), air flow (blowing cool air under the cast with a fan or hair dryer), or applying cold using a gel pack or frozen peas.

### Dealing with swelling

Your child's injury may cause some swelling for a few days. This swelling can lead to pressure or throbbing in the cast or splint. It could also cause the cast to feel too tight. To help with these symptoms you can:

1. Keep the limb elevated on a pillow above heart level.
2. Apply cold to the cast.
3. Move the joints at either end of the cast. This will also prevent joint stiffness.

Long arm cast → move shoulder and fingers

Short arm cast → move shoulder, elbow and fingers

Long leg cast → move hip and toes

Below-knee cast → move hip, knee and toes

## Have you registered for MyChart?

MyChart is a **FREE** secure, online patient portal that connects patients to parts of their CHEO electronic health record, anywhere, at any time.

To apply for MyChart access, visit [cheo.on.ca/mychart](http://cheo.on.ca/mychart) and fill out the MyChart Access Request Form. Once your application has been approved, we'll send you an email with an activation code and instructions on how to log in and get started.



## Managing pain

You can use ibuprofen (Advil® or Motrin®) or acetaminophen (Tylenol®) to treat pain.

Ibuprofen (Advil® or Motrin®)	Acetaminophen (Tylenol® or Tempra®)
<input type="checkbox"/> 1-6 months: 5mg/kg as needed every <b>eight</b> hours <input type="checkbox"/> Over 6 months: 10mg/kg as needed every <b>six</b> hours Child's weight: _____ Child's dose: _____ mg <input type="checkbox"/> Give _____ ml of 200 mg/5 ml infant drops  <input type="checkbox"/> Give _____ ml of 100 mg/5 ml children's liquid  <input type="checkbox"/> Give _____ 100 mg chewable tablet(s) <input type="checkbox"/> Give _____ 200 mg tablet(s)  <input type="checkbox"/> Give _____ 400 mg tablet(s) 	<input type="checkbox"/> 15 mg/kg every <b>four</b> hours as needed. Do not give more than <b>five</b> doses in 24 hours. Child's weight: _____ Child's dose: _____ mg <input type="checkbox"/> Give _____ ml of 80 mg/ml infant drops  <input type="checkbox"/> Give _____ ml of 160 mg/5 ml children's liquid  <input type="checkbox"/> Give _____ 80 mg chewable tablet(s) <input type="checkbox"/> Give _____ 325 mg tablet(s)  <input type="checkbox"/> Give _____ 500 mg tablet(s) 
<b>My child received:</b> <input type="checkbox"/> Ibuprofen at _____ a.m. / p.m. <input type="checkbox"/> Acetaminophen at _____ a.m. / p.m.	

## Your follow up appointment

When you come to your follow up appointment, be sure to bring your child or youth's health card.

### Orthopedic clinic (C4, main floor)

You will need to book this by calling the next business day after your child's injury. You will receive an appointment for 7-10 days after your injury. This clinic sees over 100 patients every day, so your appointment may be several hours long. Please be prepared to wait 2-4 hours to see a specialist but know that the clinic will not close until every patient is seen for the day.

#### To book an appointment:

613-737-2222 (local) or 1-866-736-2436 ext. 2222 (toll free)  
 Monday-Friday 8 a.m. - 4 p.m.

### Plastic surgery clinic (C6, main floor)

The plastic surgery clinic will call you to make an appointment.

## Fibreglass casting

At CHEO, our clinics provide plaster casts free of charge. However, you may wish to purchase a fibreglass cast (the ones that come in fun colours) at your follow up appointment. There is a one-time fee of \$50 for upper body fibreglass casts and \$70 for lower body fibreglass casts.

Whether you purchase a fibreglass cast or not, the treatment and outcome will be the same. We typically recommend fibreglass casts because they are more durable, and lighter.

## When to come back to the Emergency Department



You need to come back to the ED if your child or youth:

- has blue, cold or very swollen fingers or toes
- cannot move their fingers or toes
- has numbness, "pins and needles" or feels the injured area is "falling asleep"
- has pain that is getting worse and doesn't get better with medication
- tells you the cast feels too tight even after you have tried the solutions above
- has a wet cast that needs to be changed