

Getting a Cast



This story is about how a doctor will give me a cast. If I
feel nervous, I can

- Think of something that makes me happy
- Look away
- Remember that my cast protects my bones, so that they can become stronger!



My arm or leg may hurt at first. I have something called an injury, and that's okay! Injuries heal as long as we take care of them!



The doctor may have to move my bone back in place,
but they will give me medicine so that it won't hurt.



First, they will roll layers of soft cotton around my injury to protect me.



Next, they will wrap cold strips of fabric around my injury. This is plaster. It will feel wet. I will need to sit and wait for the plaster to dry for 10-15 minutes. This is very important.



A cast may be made out of different things! It could be made out of fiberglass or plaster. Sometimes you can even write on a cast!



The cast will harden and look white. Sometimes casts are different colors. I can ask what color my cast will be.



When the cast is on, it may feel uncomfortable or itchy, or even hurt a little bit. I can ice it and put it on top of a pillow to help. If it feels uncomfortable, I can always ask someone for ideas to make it feel better.



In no time my bones will be stronger and I will feel better! Once I'm better, I'll get my cast taken off. This won't hurt but may tickle a little!



I did a great job wearing my cast and helping my body
to heal!

