

MANIPULATION OF A FOREARM FRACTURE

Your child has had a manipulation of their forearm fracture, commonly called a **Manipulation Under Anaesthesia (MUA)**. A cast has then been applied to the arm to keep the fracture in a good position.

There are a few things that you and your family need to do in order for your child to stay comfortable and safe over the next few days.

- **Rest and relaxation** is very important as this helps the swelling in the arm to go down and to become comfortable faster. It helps to elevate the arm on some pillows, especially when resting on the sofa and at night-time. Letting your child run around with their family and friends will make the arm swell and become painful and also increases the risk of the fracture moving again.
- **Regular analgesia.** You will receive a prescription for some Paracetamol (Pamol) and Ibuprofen (Brufen) to go home with. Try to give this to your child regularly as prescribed over the next 2-3 days, even if they do not appear sore. It is easier to stop the arm getting too sore than it is to make the pain go away.
- **Elevate the arm in a sling.** This will be fitted prior to discharge. It is very important to keep wearing the sling as it encourages the swelling in the arm to go down and helps to support the plaster cast.
- **Plaster care.** Make sure the cast stays dry. Please read the additional Plaster Care Information Sheet you have been given.

What to look out for:

- Increasing pain the arm that isn't responding to simple pain relief (Paracetamol and Ibuprofen)
- Numbness or tingling in the fingers.
- Swelling in the fingers or hand.
- Pain on movement of the fingers, even when you move the fingers for your child.

If you have any concerns or questions, then please call Starship Children's Emergency Department on (09) 307 4949 ext 24200 and discuss your concerns with one of the nurses.

We will see you at Fracture Clinic on _____

This is at Outpatients, Level 3, Starship Children's Hospital. For more information about coming to Starship including how to get there and where to park, see www.starship.org.nz

A letter for this appointment will be posted to you, but if you do not receive this please call us on (09) 307 4949 ext 22494 (ask for Michelle).