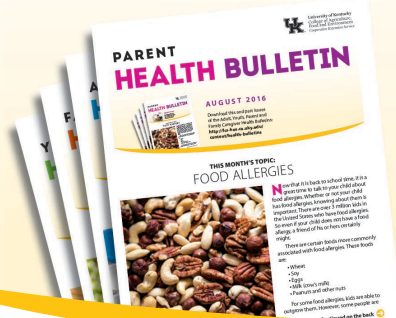


PARENT HEALTH BULLETIN



SEPTEMBER 2016

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: BROKEN BONES



It is not uncommon for a child to break a bone. In fact, broken bones often happen when a child is playing or being active with a sport. Although broken bones are usually not a big deal, they can be scary for both you and your child. Learn a little more about broken bones and what to expect if one should happen in your family.

If you think your child has a broken bone, you should get medical attention immediately. If it is a serious injury, you should call 911 right away.

Here are some signs that your child may have broken a bone:

- A snap or a grinding noise was heard when the injury happened
- There is tenderness or swelling around the injured area; there may also be bruising

Continued on the back 



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- Your child says that it hurts to move it, touch it or press on it
- The injured area does not look the same as the match body part, or a bone is seen through the skin.

For less serious injuries, you should place an ice pack or cold compress on the injured area. Make sure not to put ice directly on the skin. Then get your child to a healthcare provider as soon as possible.

If your child's arm is broken, he or she will most likely need a splint or a cast. A splint is often used when the injury is new to allow room for swelling. Once the swelling has gone down, in about 3 to 7 days, a cast is usually put on.

A cast needs to stay dry. Although there are some that are waterproof, most are not. Keeping the cast dry the whole time is very important. In fact, you may need to place the cast in a plastic bag during bathing to make sure it stays dry.

Also, make sure that your child does not place anything in the cast. It is not uncommon for a cast to be itchy at some point. If that happens, using a cool air blow dryer may help. You should not scrape the skin or put anything in the cast because it could cause an infection.

Keep an eye out for cracks. If you see cracks or breaks in the cast, let your doctor know right away.

A cast is used to make sure that your child's bones and injured area heal properly. The doctor will remove the cast when the bone is completely healed. Factors like the age of your child and the injury itself affect how long the cast will be on. If your

child needs a cast, talk to the doctor about how long he or she thinks the cast will be on.

Accidents happen! And when they do happen, it is important to stay calm. If you think that your child may have a broken bone, see your healthcare provider right away.

SOURCE:

Nemour's KidsHealth <http://kidshealth.org/en/parents/casts.html>

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Written by: Nicole Peritore
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Stock images: 123RF.com

