

Coming Back to Clinic After Surgery



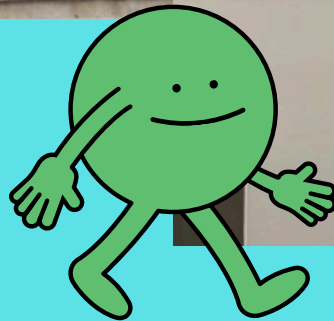
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It's been 3 or 4 weeks since your elbow surgery!



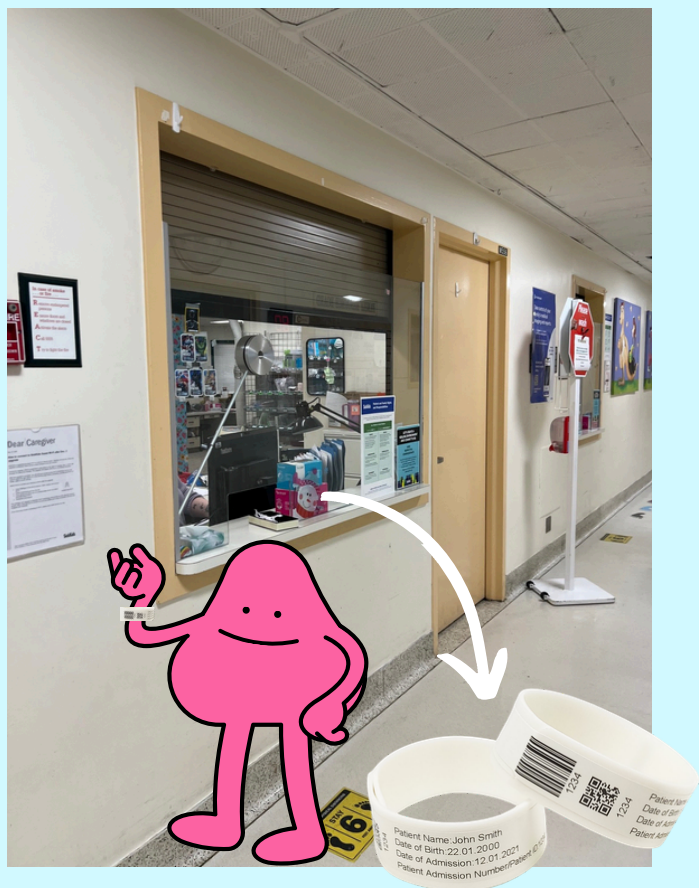
It's now time for us to take the cast off, pull the pins out, and make sure your arm is healing well.

Welcome back to SickKids!



For this appointment, you will be going to the Fracture Clinic on the Main floor of the hospital.

After checking in at the window and receiving your wristband, you'll stay in the waiting room until we are ready to meet with you.



Our orthopaedic technician or “ortho tech” will call you into a room with the supplies to remove the cast once they are ready.



Ortho techs are hospital helpers who cast, splint, brace, and support bones!

Casts that are not fully circular, such as splints, or 'half-casts' can be removed with scissors.



This can be done safely by using a pair of scissors to cut along the soft edge of the splint, layer by layer

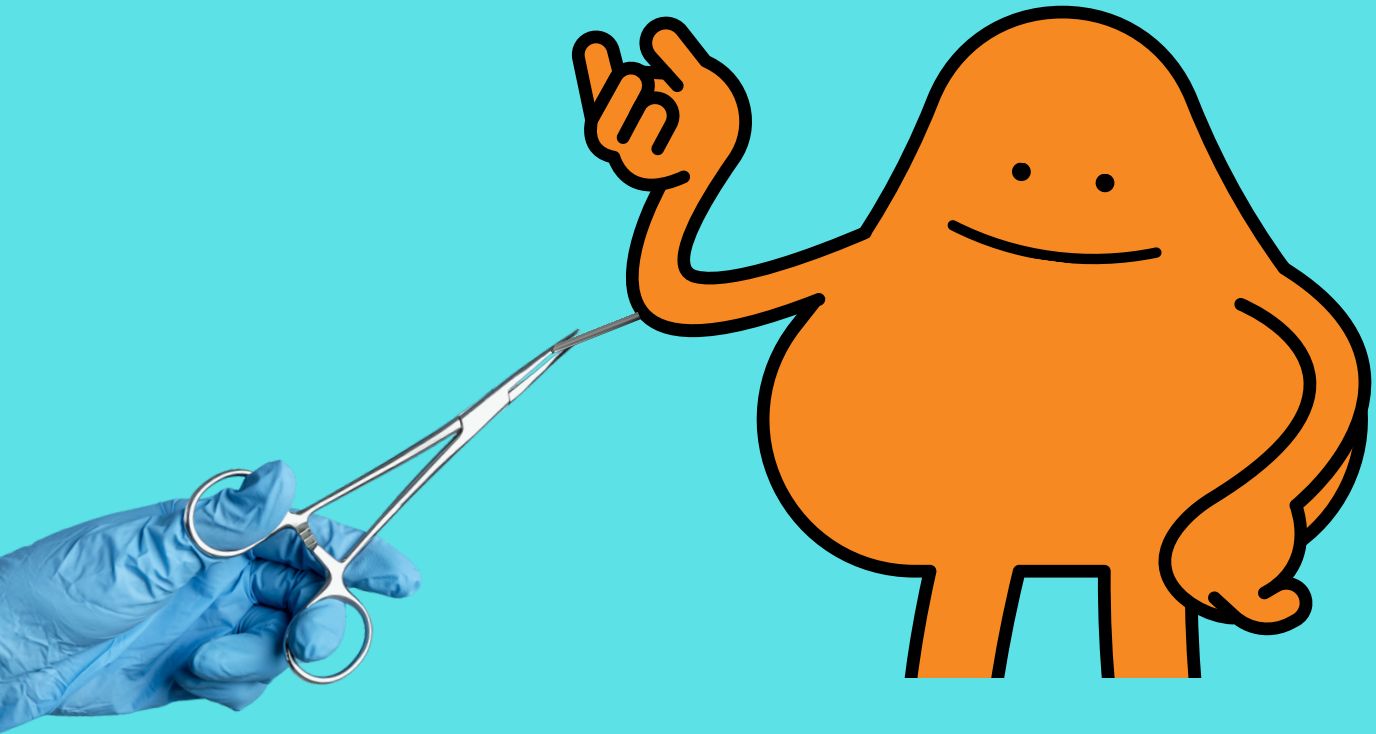


Once the cast is removed, it is time to remove any soft dressings covering your elbow.



Sometimes the technician will soak the dry gauzes in saline (salt water), so they come off easier from your skin. It might feel cold and wet.

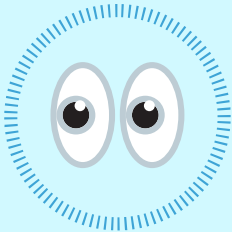
When you are ready, the ortho tech will use tweezers to pull the pins out, one by one.



This part should not hurt and is very quick!

While the team is removing your cast and pins, what will be helpful for you to do?

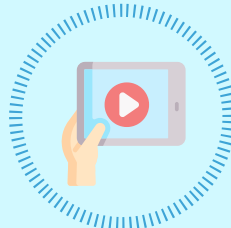
You can pick more than one!



watch the procedure



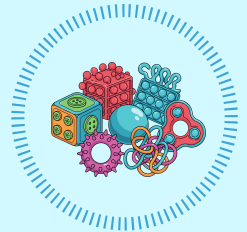
look away/block view of arm with a blanket



watch a video



play a game



use a fidget toy



listen to music



hold someone's hand



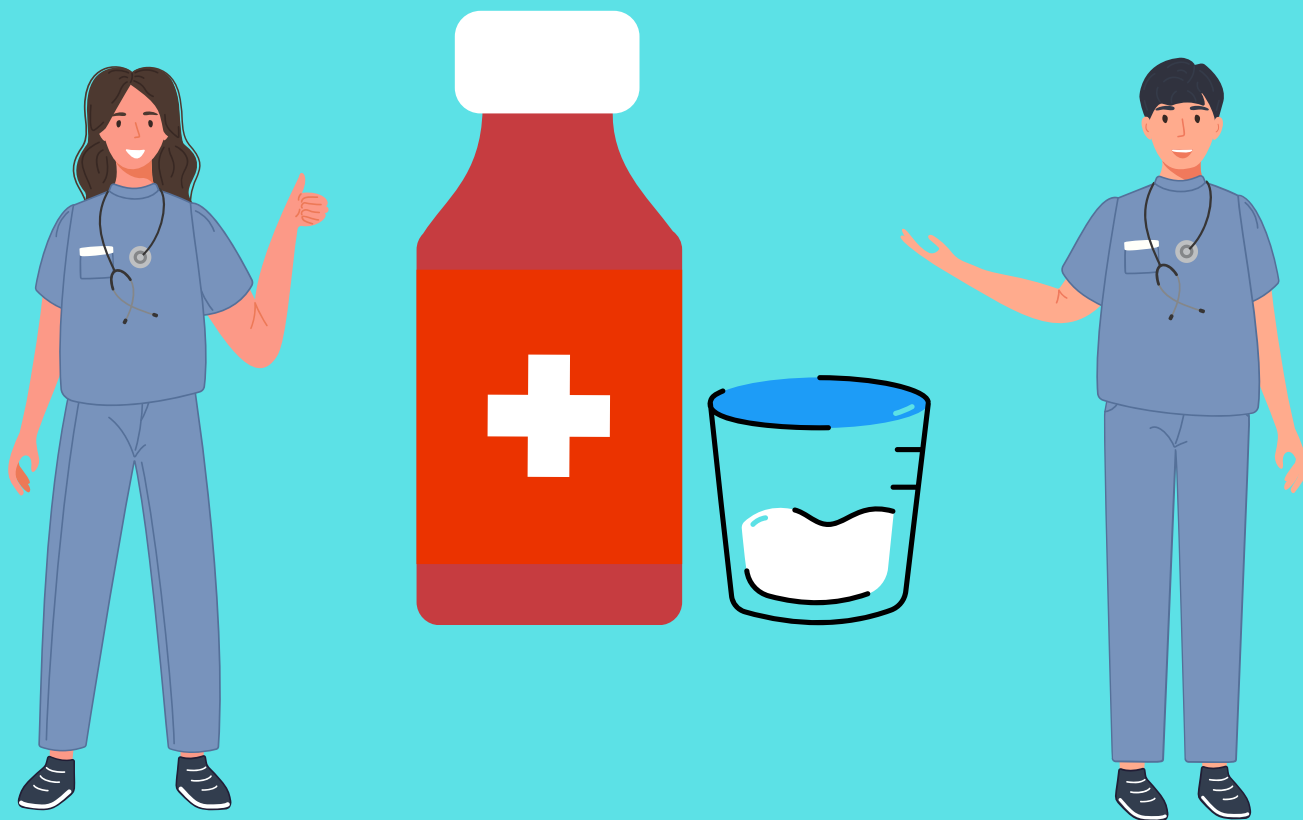
talk about fun things



take deep breaths

This will be your coping plan which will help to keep your body and mind calm.

If you feel uncomfortable or pain around your elbow after your cast and pins are removed, we can give you some medicine in clinic to make you feel better.



Not everyone needs this, especially if you're feeling okay.

The skin around the elbow will be checked and cleaned, then covered with a dry dressing (like a band aid).



Your arm might feel funny or uncomfortable when you try to move your elbow.



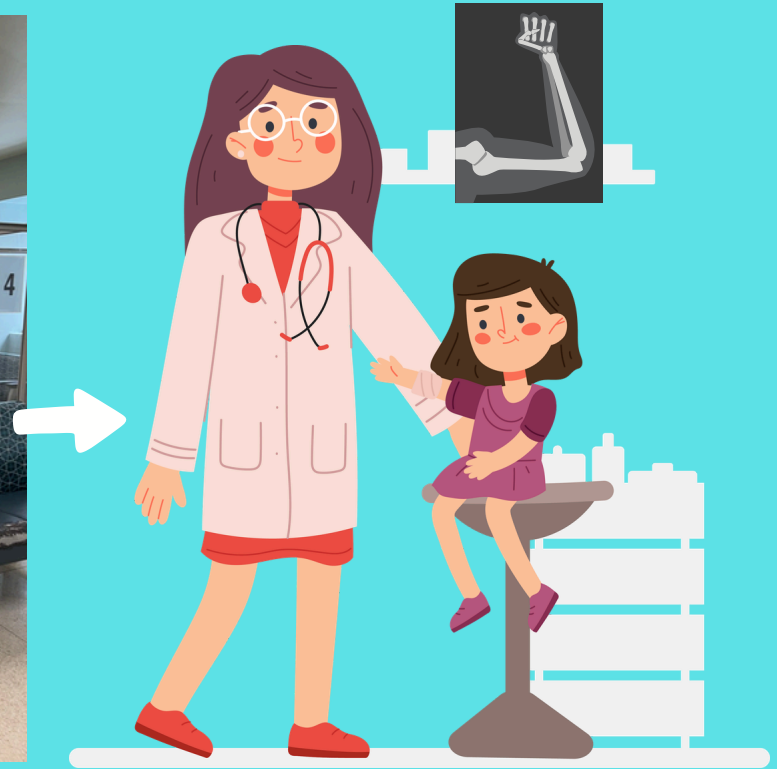
This is because your arm muscles have been asleep and stiffened during the time you were in the cast.

You may choose to continue to wear a sling to support your arm on this day, only if you want to.



We encourage you to stop using the sling slowly so you can move your elbow more and more everyday. After the cast is off and the pins are out, motion is lotion!

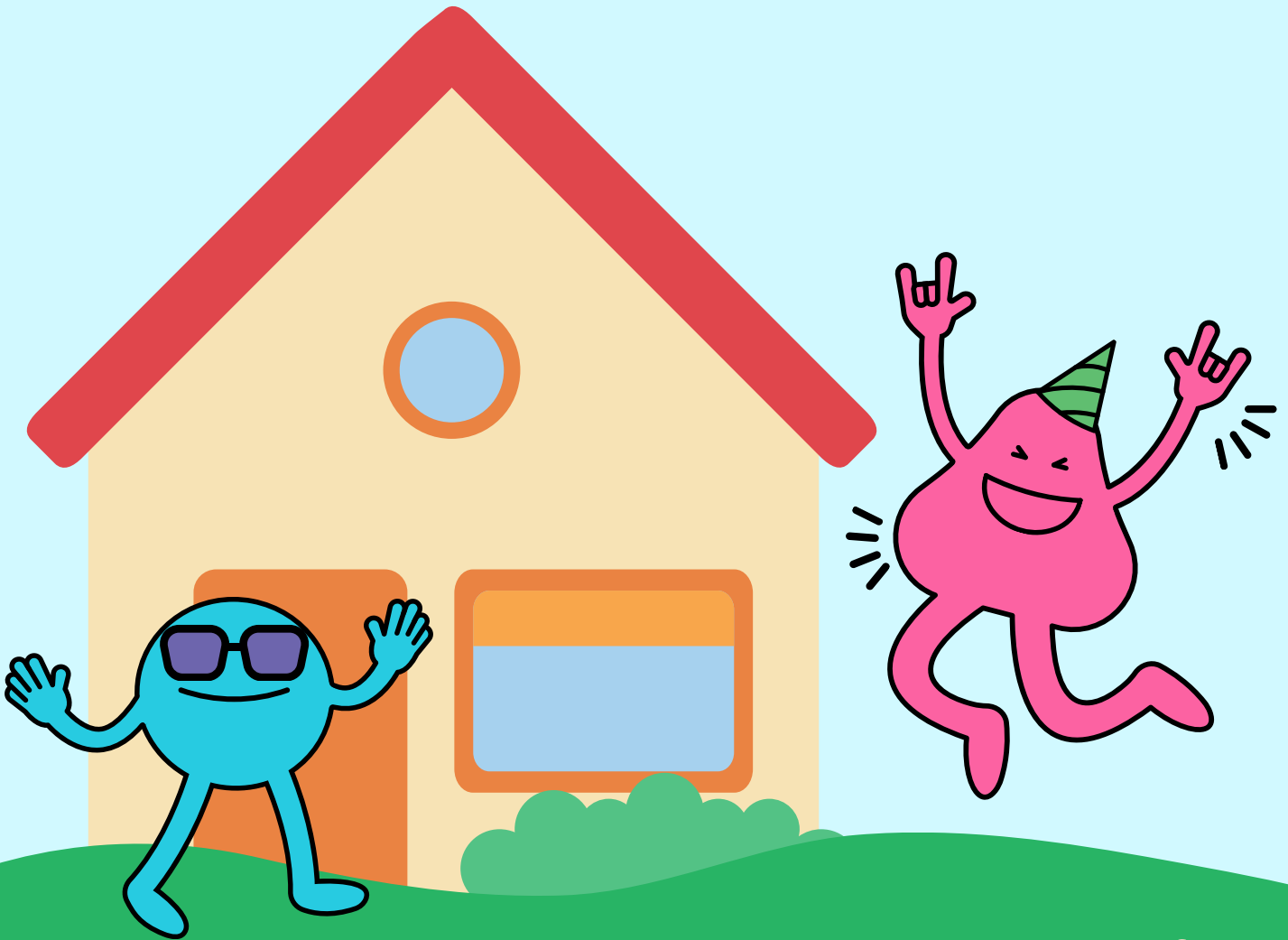
You will go back to the waiting room after your cast and pins are removed.



Once the bone doctors and nurse practitioners are ready, they will see how your arm is doing outside of the cast.

YOU DID IT!

You can go home once you have seen the medical team and they don't need to do anything else.



Your arm will get stronger every day! 💪