

Serial soft cast

Care

Casting don'ts

- DO NOT get cast wet or damp. Sponge baths are best.
- DO NOT chip, peel, or trim edges.
- DO NOT get sand, gravel, rocks, or other small objects in cast.
- DO NOT pull padding out.
- DO NOT put anything in cast to scratch.
- DO NOT use powder or lotion under the cast. Powder can get wet and roll into little balls. These can cause skin sores.

Casting dos

- Take off the cast 24 hours before your next appointment. This lets your child move the foot and walk, if able.
- Check the foot daily by looking at:
 - a. Color of toes
 - b. Areas of redness
 - c. Ability to move and feel toes
- Stand and walk on cast with cast shoe(s), as able.
- Sleep on side with a pillow between legs or knees for comfort
- Play on floor how your therapist taught you.
- Stretch legs how your therapist taught you.

Casting concerns



If any of these things happen, take the cast off right away:

- Poor blood flow in the casted leg.
 - Weak pulse
 - Nail bed does not quickly return to its original color after being squeezed gently
 - Cold to the touch
 - Swelling
 - Numbness or tingling of toes
 - Blue or white color in toes
 - Burning or stinging in leg
 - Unable to move toes
- Pain that will not go away or is limited to one spot.
- Cast gets damp, is soaked with water or fluids.
- Skin reactions such as rash, blisters, or scratches.
- Skin looks red or raw around edges.
- Any small items drop into cast that you cannot easily remove.

Contact your therapist for these non-emergency situations:

- Your child refuses to stand on casted leg.
- The cast crack or dents.
- Your child’s sleep or mood changes.
- Foot slips in cast.
- Your child complains about itching.
- Bad smell around cast.
- Your child has a fever but is not sick.

Physical Therapy

Phone _____

These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.