

Serial soft cast

How to remove

Your child has a soft leg cast. It helps stretch tight muscles. Please remove the soft cast 24 hours before the next casting appointment. You may remove the soft cast if it gets wet, if there's something stuck inside, or your child has pain with cast that won't go away or is only in one spot.

After taking off the cast, it is normal that the skin looks dry, cracked, or scaly. The muscle might look smaller.

Follow these steps to remove cast

1. Find end of outer colored layer of Coban and unwrap.
2. Find tab on white soft cast and unwrap. This will feel like a stiff ace wrap.



Removing Coban

3. To remove the hard blue case:
 - a. Put thumbs on both sides of the cut edge.
 - b. Pull it apart.
 - c. Pull child's foot out.



Removing hard blue cast

4. Find tab on 2nd layer of white soft cast and unwrap
5. Remove and throw away all padding.

After cast removal

1. Gently wash foot and leg with mild soap and warm water. Do NOT scrub.
2. Apply lotion to skin.
3. Do NOT scratch the skin.
4. Your child can walk on the foot as able.

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.