CARE OF THE CHILD IN A PLASTER/SEMI-RIGID FIBERGLASS CLUBFOOT CAST

1. Do not allow the cast to rest against hard surfaces during the first 24 hours as an indentation in the plaster could cause a pressure sore under the cast.
2. Check between the toes to be sure that these areas remain clean and dry and do not develop a skin infection.
3. The cast must remain completely dry. Moisture causes plaster to soften and crack, which might allow movement inside.
4. Do not allow anyone to place objects inside the cast. Irritation and pressure could result which may cause skin breakdown.
5. The cast may be signed or drawn on with markers, crayons or felt tip pens when it is completely dry.

PREPARATION AND REMOVAL OF THE CAST

• Two or three hours before your appointment time the fiberglass part of the cast should be removed,
• Find the end of the fiberglass and gently peel it back in the opposite direction from which it was applied. A little resistance is normal. Remove and discard all of the fiberglass.

Removing the Plaster Layer:
• You may bathe your child in the tub or simply allow them to soak the cast in water. Either way, let the cast soak in warm water and bath soap (baby bath or bubble bath work best) until the plaster begins to soften and crumble. It is often helpful if the cast is gently scrubbed with a small brush or toothbrush to work the soap into the plaster.
• Another option is to wrap washcloths dripping wet with warm water around the cast. Use a plastic medicine syringe and squirt warm water down into the cast to thoroughly saturate the cotton cast liner. Put plastic wrap or bags over the cloths/cast and seal them as best as possible to keep the moisture in and to keep the surrounding area dry. During cold weather wrap blankets around the plastic to keep the leg warm.
• Once the plaster cast seems softened, begin the removal process by pulling loose the plaster knot at the front of the ankle. You may gently tug on the plaster in order to remove it. Resistance is normal and the plaster crumbles a lot as it is removed. If the plaster does not unwind, try soaking the cast again before continuing. The first time you try to remove a cast usually takes the longest amount of time. Do not become discouraged.

Do not remove the cast unless you have been instructed to by our office or your child is inconsolable in the cast. Call 913-451-0000 if you note any swelling or discoloration (blueness or extreme whiteness) in the toes, note the toes sliding back in the cast, note any soft spots or cracks in the cast, or notice any foul smell or drainage coming from the cast.