

Cast Home Care Instructions

What is the purpose of a cast?

Your child has been placed in a cast to keep their bones in position and allow them to heal.

KEEP THE CAST CLEAN AND DRY

- A wet cast will cause skin irritation.
- A wet cast will soften the cast and fail to hold the bones in the correct position.



What do I do if the cast gets wet?

If the cast gets wet:

- Keep the wet area open to the air, if possible.
- Use a hair dryer, on the cool setting, under the edges of the cast.
- Use a soft dry cloth to absorb wetness.
- Call the Children's Orthopedic Center (COC) at [323-361-2142](tel:323-361-2142).



How do I care for the cast?	
BATHING	<ul style="list-style-type: none">• ONLY sponge baths are allowed!• Use a washcloth to clean your child with a mild soap and a small amount of water.• DO NOT get the cast wet.
SKIN CARE	<p>Check the skin for redness or sores by the edges of the cast at least 1-2 times each day.</p> <ul style="list-style-type: none">• If redness occurs, change the child's position to remove pressure from the area.• If redness continues after changing their position, a pressure sore may be developing; CALL the doctor immediately.• Check for rough cast edges and cover with a waterproof tape.• Do not use powder or lotion near the cast.• Do not allow food to fall into the cast.• Cover the cast with clothing or a towel while feeding.
IMPORTANT If your child complains of itching under the cast: <ul style="list-style-type: none">• DO NOT put any object into the cast; this may cause tears or sores in the skin.• Keep your child occupied to take their mind off the cast and itching.• Use cool air setting on a hair dryer to cool the skin under cast edge	
CIRCULATION CHECK	<ul style="list-style-type: none">• Your child's toes/fingers should be warm and pink under the nails.• Your child should be able to wiggle their toes/fingers.

TURNING AND POSITIONING	<p>If your child is in one position for too long, sores will develop under the cast.</p> <ul style="list-style-type: none"> • Leg casts: Keep the leg propped up with pillows while sitting or lying down. • Arm casts: Use an arm sling to keep arm elevated during the day and prop the cast up on pillows while asleep. • When your child is lying on their back, keep their heels off the bed to prevent pressure sores under the cast. • When your child is lying on their stomach, keep their toes off the bed to prevent pressure sores.
SAFETY	<ul style="list-style-type: none"> • DO NOT let your child stand or walk on the cast unless the doctor says to do so. • Lift your child by placing one arm under the back and one under the legs. • Avoid falls by making sure the child is positioned well with pillows and blankets. • When your child is in a wheelchair, always use the safety belt. • On the day of discharge, bring your child's car seat or booster seat to the hospital to make sure that your child can fit safely in the seat with the new cast. • Every child must be restrained in the vehicle with a safety belt, at all times.

When do I need to call the doctor? (Dr. _____)

- Fever greater than 101°
- Cracks or breaks in the cast
- A cast that is too tight or too loose
- Any red skin areas that do not improve when you change your child's position
- Increased swelling in the arm/leg or fingers/toes
- If the child complains of any burning sensations under any area of the cast
- Blue, pale, cold, or numb toes
- If your child complains of "pins and needles" or hands/feet "falling asleep"
- If the child is unable to wiggle toes/fingers
- Vomiting, stomach swelling and/or constipation
- Worsening pain or discomfort
- Unexplained fussiness
- A WET CAST!!
- If you have any unanswered questions or concerns

Who do I call if I have questions or concerns?

During business hours (8:30a.m. – 4:30p.m.):

- **CHILDREN'S ORTHOPEDIC CENTER CLINIC: 323-361-2142**

After hours, on weekends or holidays:

- Call the hospital operator at 323-361-2450 and ask to speak to the Orthopedic doctor on call
OR come to the Emergency Department.

Children's Orthopedic Center

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

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