

CLUBFOOT CAST CARE

Instructions

- Weekly serial casting is the initial treatment. A long leg cast is applied at each visit after a brief period of stretching for a total of approximately 5-8 weeks.
- Typically, the cast is removed in the office. You may bring a washcloth and soap if you wish to wash your child's legs prior to the next cast.

Things to Check During Casting Treatment

- All the toes should be warm, pink, and able to move easily.
- If the foot/feet get pulled back into the cast such that they are difficult to see, the cast must be removed. You may call the office for an urgent appointment or remove the cast yourself. See instruction below regarding soaking off the cast.
- If the cast cracks or becomes soft, call the doctor.
- Inspect the skin at the top and bottom of the cast for any signs of redness or irritation. Tell the doctor if the skin is irritated.
- Please call us if you have any questions or concerns.

Home Cast Removal

1. Soak the cast(s) with a solution of warm water (2/3) and vinegar (1/3).
2. Take a hand towel and soak it with the solution and then wrap it around the cast.
3. Place a plastic bag around the cast for about a ½ hour or until the cast becomes softer.
4. Cut the cast off with small wire cutter scissors that are not sharp on the end.
5. You'll often need two people to do this.
6. The process takes about 1 hour



Mini Wire Cutters