

Rehabilitation Services

682-885-4063

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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 become wet and roll into little balls. These 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 casted foot daily by looking at:
 - Color of toes
 - Areas of redness
 - 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 and/or knees for comfort
- Play on floor as your therapist teaches you.
- Stretch legs per therapist's teaching.

Soft Cast Care Instructions

Casting concerns

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

- 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 toes
 - Burning or stinging in leg
 - Unable to move toes
- Pain that will not go away or is limited to one spot
- Cast becomes 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 cannot be easily removed

Contact your therapist, if the following non-emergency situations are noted:

- Refuses to bear weight on casted leg
- Cast crack or dents
- Changes in sleep and/or mood worsen
- Cast gets damp
- Foot slips in cast
- Complaints about itching
- Bad smell around cast
- Gets a fever but is not sick

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