

Rehabilitation Services

682-885-4063

1719 8th Ave
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Your child has a soft leg cast. This helps stretch tight muscles.

Please take-off the soft cast 24 hours before your next casting appointment. Take off the soft cast in case of emergency.

It is normal that:

- Skin looks dry
- Skin looks cracked or scaly
- Muscle looks smaller

Follow these steps

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



Soft Cast Removal Instructions

3. To remove hard blue cast:
 - Place thumbs on both sides of cut edge.
 - Pull apart.
 - Pull foot out.



4. Find tab on colored soft cast and unwrap.
5. Remove 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 skin.
4. Your child may walk on foot as able.

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.