



## Caring for a Clubfoot Cast

### Keep the Cast Dry

Do not put your baby in the bathtub. Instead, bathe him or her with a sponge. **Be careful not to get the cast wet.** A wet cast can hurt your child's skin.

### Check Circulation (Blood Flow)

Check your child's toes every hour for the first 12 hours after getting a new cast. Then, check them at least six times every day (during diaper changes, for example).

### Remember

- Keep the cast clean and dry.
- Toes should be pink and warm.
- Check capillary refill. Lightly press on your child's toes. They should turn white, and then they should return to normal color in one or two seconds. If they stay white longer than three seconds, the cast may be too tight, and you need to call the doctor.
- If your child's toes look swollen or shiny, the cast may be too tight. Call your child's doctor.
- Check your child's skin around the cast edges. Look for redness, swelling, skin breakdown, rashes or drainage. If this is present, call the doctor.
- Do not let your child's feet hang down for a long time. This can cause swelling and can be uncomfortable for him or her.
- Do not use any creams, powders, lotions or oils in or around the edges of the cast. These items can irritate your child's sensitive skin while in the cast.
- Never put anything into your child's cast.
- Do not trim, cut or remove your child's padding in the cast or the cast itself.

### Call your child's orthopedic doctor if:

- You are not able to see your child's toes like before—**this is urgent and requires immediate attention**
- The cast is giving off a foul odor
- Drainage is coming from the cast
- Your child has a fever of over 101.5 degrees Fahrenheit without any other cause
- Your child has a wet cast

### Contact Us

#### Monday-Friday, 8 am-4:30 pm

Call 317.948.2550 and ask to speak with the cast nurse

#### Weekends or holidays after 4:30 pm

Call 317.944.5000 and ask to speak with the pediatric orthopedic resident on call