



Cast Care

- **Do** keep the cast clean and dry at all times!
- **Do** give your child a sponge bath. If your child is old enough to keep the cast over the edge of the bathtub while supervised, he or she may get in the bathtub and cover the cast for splash protection.
- **Do not** ever trim, cut or pull out the cast padding from the cast. (If you take off the padding under your child's cast, it will irritate his or her skin and hurt when the cast is taken off.)
- **Do not** put anything (hangers, sticks, etc.) into the cast for any reason, especially to scratch.
 - We have had patients that have had significant wounds from sticking objects down the cast.
- **Do not** use any creams, powders, lotions or oils in or around the edge of the cast.
- **Do not ever** let your child dunk the cast in water.
- **Do not** let your child run or participate in contact sports while in the cast, unless otherwise instructed.
- If your child spills a drink on the cast, pat it dry or use a hair dryer on the **cool** setting.

Call the Orthopedics & Sports Medicine Department at 317.948.2550, Monday through Friday, 8 am – 4:30 pm for any of the following things:

- **Problems with the cast:**
 - Cast cracks or breaks
 - Cast becomes soft to touch
 - Any strong smell coming from the cast
 - Cast is saturated from getting wet
 - Cast is slipping or you are not able to see fingers or toes as much as you did on the day the cast was put on
 - Suspect something has been pushed under or into the cast
- **Problems with fingers or toes:**
 - Fingers or toes turn blue or purple in color
 - Fingers or toes are **very** cold
 - New or increased swelling of fingers or toes
 - Child complains of feeling tingling or “pins and needles”
- **Pain or fever:**
 - New or increased pain
 - Red areas around edges of the cast
 - Fever of 101.5 degrees Fahrenheit or higher (if your child had surgery)
 - **New pain** that occurs after cast is applied

Call your child's pediatrician if:

- Your child vomits after meals
- Your child gets sick with a cold or flu
- Your child is having loose stools

After 4:30 pm, on weekends and holidays:

- Call 317.944.5000 and ask for the pediatric orthopedic resident on call