Clubfoot Cast Care for Infants at SickKids

ANY QUESTIONS OR CONCERNS:

416-813-5785

Orthopaedic Technologists are available Monday to Friday 8am – 4pm. Please leave us a detailed voicemail and we will call you back ASAP.

CAST CARE:

- The casts will be removed in clinic at the beginning of every appointment.
- The casts must remain clean and dry. **Sponge bath only.**
- If the top edge of cast becomes lightly soiled with urine or feces, wipe area with a slightly damp cloth and apply a small amount of Vaseline (no cream) on the skin around edge of cast.
- **If the cast is heavily soiled, please call us for advice. We may need to replace the cast.**
- The casts are high on the infant’s leg on purpose. They are not too high. They are applied this way to achieve the best correction of the foot.

LOOK OUT FOR:

- The toes may appear squished or swollen but as long as the toes are pink and warm, the cast is fine. The toes should never be white.
- The toes should always be as visible at the edge of the cast as they were when the cast was applied. If the toes are disappearing inside the cast, it means the cast is slipping down and the correct molding of the foot is not being achieved.
- **Call us immediately if the cast slips, we will likely advise to remove the cast.** If you cannot reach us within 3 hours and you are certain the cast slipped, remove it at home.

How to remove the cast

1. The outside layer of the cast is a semi-rigid fiberglass tape. Simply find the end and carefully peel the cast off. It will feel like trying to unroll duct tape.
2. After the outer layer is removed simply soak the plaster portion of the cast on the lower leg in warm water. The cast will soften in 10 min and you can peel it off. We leave a “bump” as a start point.
SAFETY AND CIRCULATION:

- If your child’s toes appear white, blue, dark purple and/or very swollen:
  1) Elevate the feet on a rolled towel or pillow.
  2) Gently move the legs to increase circulation.
- **If the color does not return, call us immediately AND remove the casts.** There is no need to go to the Emergency Room, but we want to know if the casts are removed so we are aware of the situation and plan to recast if needed.

WHEN TO REMOVE THE CAST:

  1) If the toes are white or remain blue/swollen after trying to elevate and move the legs.
  2) If the infant shows signs of increased pain or irritability that seems to be related to the cast (the infant is otherwise well).
  3) Toes are disappearing inside the cast.
  4) The cast is saturated with large amounts of urine or stool.

For more information on the Clubfoot Program at SickKids, visit our Clinic page, at

http://www.sickkids.ca/areas-of-care/clinics/clubfoot-clinic.html