

CAST CARE: WHEN YOUR CHILD BREAKS A BONE



What does a cast do?

01.

- A cast holds a broken bone in place while it heals. The soft, inner layer is made of cotton to pad bony areas, nerves, and blood vessels. The hard, outer layer is made of plaster or fiberglass.

How is a cast put on and taken off?

02.

- First the soft, inner layer is applied. Then the cast material is wet with water and applied on top of the first layer before it dries and hardens
- Casts are removed with a small saw that stops before it touches skin

Cast Rules

03.

- Keep clean and dry
- No scratching the skin underneath
- A waterproof cast may be applied after one to two weeks

When to call the office?

04.

- The cast feels too tight
- Pain that gets worse
- Cool or pale fingers or toes
- Numbness or tingling

Disclaimer and Source

05.

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner

Source: <https://www.childrenshospital.org/treatments/types-casts>