

## Clubfoot Cast Care Instructions

Casting for the treatment of Clubfoot typically requires the application of approximately 6 casts with each cast applied on a weekly basis.



1. Check the circulation in the foot at least 4 times a day. This is done by pinching the toes and watching the return of blood. If the toes are dark and cold, the cast may be too tight. If this occurs, call the office. If it is after routine business hours, bring your child to Emergency Department at a hospital closest to you to have the cast removed.
2. The top of the toes should be exposed. If you cannot see the toes, the cast has shifted. If this occurs, call the office. If it is after routine business hours, bring your child to the Emergency Department closest to you to have the cast removed.
3. If your child needs his/her cast removed, call right away to schedule an appointment to replace the cast.
4. Keep the cast clean and dry. The cast may be wiped with a slightly damp cloth if it becomes soiled. Keep the top of the cast outside of the baby's diaper to prevent soiling.

Notify your Physician's office if you notice any of the following:

- Any drainage from the cast
- Any foul smell/odors coming from the cast
- If the skin becomes red, sore or irritated
- Cast breakdown or softening



Following the last cast, your baby will be fitted with a clubfoot brace. There are several types of braces. The braces consist of 2 shoes connected by a rigid metal bar. You may wish to purchase a soft car seat strap cover to wrap the metal bar. The brace is generally worn 23 hours per day for 3-4 months. After 3-4 months, your child will be weaned out the splint gradually so that he or she is only wearing it at night.

