

After Cast Care Information

Your child has just had his/her cast removed; here is some information to assist you with their recovery:

- The affected limb may be stiff and sore for a few days after the cast is removed. You may give your child Tylenol or Motrin for pain if child is not allergic to either of them. Follow the instructions on the medication label for proper dosing.
- If the cast was on the leg, the child may walk with a limp, or with the foot turned out for several weeks after the cast is removed. This will gradually go away as muscle strength returns.
- The affected limb may appear smaller after the cast is removed. This is due to the muscle weakening which occurs while the cast is on. The limb will return to normal size as muscle strength returns.
- The skin may appear dry and flaky; and may have red or raw areas. You may cleanse the area with soap and water and apply non-perfumed lotion to the area. **Do not scrub** the area with a loofah pad or a rough cloth as skin may be sensitive and bleed. This should clear up in a few days.
- Follow the doctor's activity restrictions precisely to allow your child to heal completely.

To reach your child's physician for any questions or problems, call the office at 1-800-682-4220.

CONTINUE ACTIVITY RESTRICTIONS FOR _____ WEEK(S).