

Bivalved Cast

Your child's cast has been bivalved (split on each side) to allow for swelling of the injured extremity. If the cast is not split, there is no room in the enclosed cast for further swelling. Peak swelling usually occurs within 48-72 hours after the injury, but can persist for up to one week. We will cut the cast on the inside and outside of the cast with our cast saw, which does not cut your child. The cast will then be taped closed. The cast will not fall off, due to the padding underneath the cast holding it together. Over the next 2-4 days, it is very important to keep the injured extremity elevated **above** the level of the heart.

Things to watch for:

- Numbness or tingling, or feelings of “sleepy” fingers or toes.
- Swelling of fingers or toes.
- Decreased capillary refill (when the finger or toe is touched and let go, the pink color takes longer than 2-3 seconds to return).
- Increased pain in the extremity.

If any of these symptoms occur:

- Remove the tape from the cast.
- Use a coin in the split to open the cast no more than ½ inch on both sides of the cast.
- You may replace the tape of the cast, being careful not to squeeze it closed when taped.
- **Keep it elevated.**
- May give Motrin/Ibuprofen for pain relief and to help with swelling.

If these steps do not help the symptoms, call the office to speak with a medical assistant. If it is after office hours, you may leave a message for the “on call” physician at (800) 682-4220. Your call will be returned promptly.

You will return to the office 7-10 days after the cast is split to have the cast overwrapped. This will allow enough time for the swelling to subside. A new roll of cast tape will be wrapped over the cast, making the case solid again. The original cast will **not** be removed.