



Clubfoot Cast Care Instructions

Keep It DRY

- Casts cannot get wet! Wet casts cause skin irritation, infection, and can damage the cast.
- For bathing:
 - Never submerge a cast under water
 - Perform sponge baths only
 - If cast gets wet, please contact our nurses line for instructions

Skin Care:

- Wash skin not covered by cast with a damp wash cloth.
- You may lotion the skin around the cast. Do not put any type of lotion inside the cast.
- Do not put any type of powder inside the cast.

When to get help:

Please notify our staff if:

1. Toes move further inside the cast (Please take a photo of toes after each casting)
2. Toes are pale or discolored
3. The cast breaks or becomes wet
4. Your child is irritable and unable to be consoled
5. Unexplained fever

Steps for Soaking off Cast

1. Obtain a basin (do not use a sink or bathtub as the plaster will harden in pipes) and mix 4 tablespoons of white vinegar with 1 quart warm water.
2. Let the cast soak for 25-30 minutes.
3. Once the cast is soft, find an end of the plaster material, and unroll the cast. Then remove the cotton padding.
4. Do not pour the water down the sink or bathtub drain.

Phone Numbers

Orthopaedic Nurses: 202-476-5562 (7:30am to 4:00pm Monday through Friday)

After-Hours Orthopaedic Doctor: 202-476-5000 (ask to speak to the orthopaedic resident on-call)

Orthopaedic Appointments: 202-476-2112, option 2