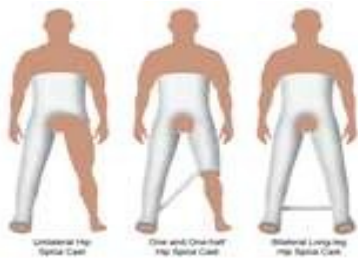


Spica Cast Care

What is a spica cast?

There are different kinds of spica casts, but they serve the same purpose; to prevent the hip/leg from moving. Most start from the chest of the child and down to the ankles. Most spica casts cover both legs down to the ankles, but some casts only go to the knee on the unaffected side and the other side that was treated to the ankle.

The child will not be able to walk in this cast.



Why does my child need a spica cast?

A spica cast is a specific cast used to prevent a child's legs and hips from moving. This cast allows for the bones to heal after an injury or surgery. If the child did not have a spica cast after a specific injury or surgery, movement of the affected leg/hip may not allow the site to heal properly.

CAST CARE

Do not allow the spica cast to get wet. A wet cast can cause skin irritation, breakdown, and odor.

Do not shower or place the child in a tub, SPONGE BATHE only.

If the cast does get slightly wet, use a hair dryer on COOL setting to dry.

Allow the child's head and upper part of their body to be slightly raised, pillows can help to prop them.

Turn the child several times throughout the day and night to prevent skin breakdown.

Use comfortable clothing for the child, such as large t-shirts, baggy shorts/pants. For infants, use loose clothes that have button snaps that slide off easily.

Do not trim off edges of the cast or take out any padding from the cast. If there are concerns about the cast, please contact your doctor.

SKIN CARE

Check the skin around the edges of the cast every day. A flashlight may help to see under the cast for any skin irritation.

Do not use lotions or powders in and around the cast.

Do not allow the child to place anything in the cast.

If the child is diapered, check and change the diaper often. A second, smaller diaper can be used underneath the regular diaper and tucked into the cast to catch any excess urine or stool that may not be caught with only one diaper.

CIRCULATION CARE

Check the child's toes everyday to make sure they are warm and pink.

Check the sensation of the child's feet everyday by making sure he/she feels when you touch them.

If there is any swelling, make sure the swelling is gone after a few days once the spica cast is placed on. Swelling may be normal for the first few days after the surgery or injury. If you have any concerns, contact your doctor.

Make sure the child can wiggle his/her toes as he/she did before the spica cast was placed on.

SAFETY

Carry the child close to your body.

If there is a crossbar, do not use this to move or lift the child.

When lifting the child, keep your back straight and knees bent.

Do not leave a child alone at home in the spica cast.

For transportation, if the child still uses a car seat, a special car seat will be provided by the clinic.