

Clubfoot Casting

Helpful Hints for Parents

Your doctor recognizes the importance of your involvement in the care of your child with Clubfoot. We wish to offer helpful hints in the care of your child's cast(s).

Removing the Cast(s):

- Please remove the cast(s) the day before or the morning of your next office visit.
- Plan on having two people available to remove the cast(s).
- You can use any sink, basin, or tub in your home that you currently use to bathe your child.
- Add approximately 2 tablespoons of vinegar to the bath water to soften the cast materials. This allows easier removal.
- Place your child in the bath water to soften and loosen the casting tape. Within minutes the cast will soften and you will be able to slowly unwrap the casting. Repeat the soaking process until the cast(s) are completely off.
- Removing the cast(s) may take 30-60 minutes.

Other Information:

- While the casts are on, please inspect the toes to ensure you are able to see them.
- Please monitor the color of your child's toes while wearing the casts. This is done by pressing down on the toes with your thumb and then releasing them. Pressing down will cause the toes to turn white. The color should return to pink within 3 seconds after releasing them. This is a normal response. If the toes stay white longer than 3 seconds after you release them, it is a sign that the circulation may be impaired and you would need to contact your physician.
- If the toes disappear into the cast or if the circulation is impaired, **please call our office immediately**. If this happens during the night, please remove the cast as soon as possible and call the clinic when our office opens.
- If you have concerns about the cast(s), please soak it off and notify your physician. ***We encourage you to call our office with any questions at (605) 331-5890 or (888) 331-5890.***