



Supporting Your Child for Cast Removal

How can I help to prepare my child?

Staff at Scottish Rite for Children know the importance of helping your child understand the process for cast removal. While the cast saw can look and sound scary, it is specially designed to go through hard materials and not touch skin. A child life specialist can be available to explain the process.

Below are some suggestions for different age groups.

Infant/ Toddler

- The best time to talk to your child about what will take place is on the day of the removal.
- Crying does not always mean the child is in pain. This response is developmentally appropriate for an infant or toddler.
- Feeling safe and comforted is important at this age. You are encouraged to hold your child during the cast removal.

Toddler/Preschool

- Sit with your child and remind them that the cast remover tool is loud but should not hurt. Noise cancelling headphones are available if needed.
- Allow your child to bring a comfort item from home (stuffed animal, book, etc.).

School Age

- The best time to talk to your child about what will take place is one to two days before cast removal. This gives your child time to process and ask questions.
- At this age, the video "Makenna's Cast Comes Off" is very helpful to understand the process.



Scan to watch Makenna
get her cast removed!

Adolescent/Teen

- Remind your child that we will protect their privacy.
- At this age, the video (link below) is very helpful to understand the process.
- It is important to allow your child to ask questions.

Can we bring anything to the cast removal appointment?

- Read a favorite book
- Bring a blanket or stuffed animal.
- Bring a bottle and/or pacifier.
- Bring a phone or tablet that plays music or movies.
- Talk about something exciting or happy.
- Stay focused on the process with your child.

Child Life contact information: Dallas campus: 214-559-7795 or child.life@tsrh.org
Frisco campus: 469-515-7187 or childlife.frisco@tsrh.org

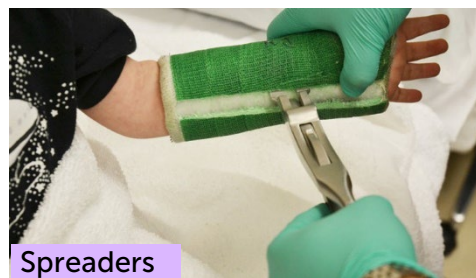


Questions Kids May Have About Cast Removal

How does my cast come off?

The cast technician will use tools that are made to remove casts safely.

- **Cast remover** – This tool cuts through the hard part of your cast and makes a sound like a vacuum cleaner. You may feel warmth and vibrations as the cast is being cut.
- **Spreaders** – This tool opens the hard part of your cast and shows the cotton padding. It gives the cast technician more space to help remove the cast.
- **Rounded scissors** – These cut only the soft cotton layers and are the last step of the cast removal.



What can I do while you take off my cast?

- Look at an "I Spy..." book, a tablet or play with a small toy.
- Watch your cast come off.
- Listen to music.

What should I do if I get nervous?

- Ask questions.
- Take deep breaths.
- Think about something that makes you happy.

What happens after the cast comes off?

- Your skin may feel dry and itchy, so try rubbing instead of scratching.
- You may have another X-ray to check that the bones have properly healed.

Will I be able to move the body part that was in the cast?

- Yes, but your bones and muscles may feel a little stiff and sore at first or for a few days.
- Sometimes, you may have to get another cast or wear a brace to protect the bone longer.