

PREPARING YOUR CHILD FOR CAST REMOVAL

How does the cast come off?

- Our skilled orthopedic technician will explain every step.
- We have special tools, and names for these tools to help kids understand and to minimize fear.
 - **Cast remover** – This tool cuts through the fiberglass or plaster portion of the cast. It makes a loud sound like a vacuum cleaner.
 - **Spreaders** – These spread apart the fiberglass to expose the cotton padding.
 - **Special rounded scissors** – These cut the soft cotton layers.

How can I help to prepare my child?

Here are some suggestions for different age groups.

0-2 years old

- Providing comforting touch and words will help your child to stay calm.
- Remember that crying does not always mean the child is in pain. We believe this is more likely a response to the loud noises and the new people.

2-7 years old

- There is no need to talk about this too early. On your way to the clinic is a good time to talk about this with these “magical thinkers.”
- Reassure your child that you will be close and that the “cast remover” is loud, but does not hurt.

8-18 years old

- Remind your child that we will protect his or her privacy. We will help to cover up any areas they don't want to be seen.
- We will explain every step and answer any questions. We encourage you to stay with your child and to help distract from the process.



How can I help to distract my child during cast removal?

- Bring a favorite book, blanket or stuffed animal.
- Provide a device for listening to music or watching a show.
- Talk to your child about happy things.
- Stay focused on the process with your child.

CAST REMOVAL FOR KIDS

How does my cast come off?

We will explain every step before we do it.

We have special tools that are made just for taking off casts.

- **Cast remover** – it makes a loud sound like a vacuum cleaner.
- **Spreaders** – these help spread apart the hard part of the cast.
- **Special rounded scissors** – this is for the soft cotton layers.



Cast remover

You may be a little stiff and sore for a few days. Sometimes, you may have to get another cast or wear a brace to protect the bone longer.



Spreaders



Special rounded scissors

What can I do while you take off my cast?

- Read a book.
- Listen to music.
- Play on your iPad.
- Talk to your family.

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 is off?

- You might want to wash your skin.
- Your skin may feel dry and itchy, try rubbing instead of scratching.
- You may have another X-ray to check the bones.

Will I be able to move?

- Yes, your bones and muscles will be happy to be out of the cast.
- You may be a little stiff and sore for a few days.
- Sometimes, you may have to get another cast or wear a brace to protect the bone longer.