

## **Clubfoot: Home Care for Ponsetti Serial Casts**

### **(Ortho)**

#### **Important information**

- **Do not get the cast wet.** Water will cause the cotton padding inside the cast to become wet and can hurt the skin. The cast will also become soft and may begin to crumble.
- Do not use any lotions, creams, oils or powder near the edges of the cast.
- Do not pull any padding out of the cast.
- Your child may seem fussy the first night after each cast is applied. Talk with your child's practitioner regarding possible options for comfort.

#### **Pay close attention to your child's foot.**

- If the toes can't be seen, the cast may have slipped. This can be uncomfortable and can cause problems with the skin. The cast may need to be replaced. Toes should be pink. If toes are blue or white, elevate the foot above the heart level and watch for pink color to return.
- If there are blisters or skin breakdown on any part of the toes, the cast may need adjustment.

If any of these issues arise, call the nurse line Monday - Friday 8am to 4:30pm at (414)-266-2411 and a nurse will return your call. Go to **Children's Hospital Emergency Room** if it is after hours or the weekend to have the cast removed and then call the nurse line the next business day to schedule re-casting.

#### **What comes next?**

Serial casting means that casts are put on and then taken off about once a week.. This is done to gradually change the position of the foot. Normally, 6 to 8 casts are needed for this to work best. After the foot is corrected, a small procedure may be done to lengthen the Achilles Tendon. At that time another cast will be placed and remain on for 3 weeks. You will then transition from casts into a special brace to keep it corrected.



#### **How is the cast put on?**

- Cotton padding is wrapped around the leg to protect the skin.
- Plaster of Paris is used as the outer layer. It is wet when put on and will feel warm. This warm feeling goes away as the cast dries and becomes hard.
- The practitioner will then manipulate the foot into a correcting position as the plaster is drying

### **How is the cast removed?**

The cast is removed with a special saw that makes a very loud noise. It cuts through the outer cast with a disk that vibrates. Clinic staff can show how the saw works before the cast is cut off.

### **Risks**

There are some possible risks with casting. These risks include, cast saw burn or cut, pressure sore, and skin irritation. Do not pull out or push down the padding, Do not get the padding wet. Following these guidelines will reduce the risk.

**For more information about clubfoot**, go to the Ponsetti website at [www.ponsetti.com](http://www.ponsetti.com)

**ALERT:** Call your child's doctor or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

Orthopedic Clinic Children's Hospital of Wisconsin (414) 266-2411

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**