

# Idaho Falls Pediatrics

## Leg Cast

A cast shoe should be worn at all times to prevent damage to the bottom of the cast. **It is a weight bearing cast.**

Your child should not put any weight on the cast. Putting weight on the cast could cause more injury to the your child's broken leg. Crutches must be used for walking or standing. **It is a non-weight bearing cast.**

### Home Care:

Allow your child's cast to dry. During the time your child's cast is drying, keep the cast uncovered. Do not allow the cast to rest against any hard surfaces while it is drying. This will cause damage to the cast which may result in skin sores under the cast. Do not write on the cast until it is completely dry.

**Keep the leg raised above the level of your child's heart for the first 24-48 hours. This will help with swelling and pain.**

Check your child's toes on the injured leg at least every 4 hours. Check to see if your child's toes are warm, pink, and able to move. Also check to see if the toes are swollen or if the swelling has worsened.

Once the cast is dry, you may place a cold pack on the cast to decrease the pain and swelling.

If your child is older than 6 months, you may give your child acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®) (if your child is older than 6 months) for pain relief. Always check the package for the amount to give your child based on his weight and age. Do not give more than 5 doses of acetaminophen or 4 doses of ibuprofen in 24 hours. Do not give for more than three days without calling your child's doctor.

Do not allow the cast to become wet. Moisture weakens the cast and can cause the cast to crack or have soft spots. This can allow the injured leg to move inside the cast and prevent proper healing. Wet padding under the cast can cause skin sores. Give your child sponge baths, not showers or tub baths. If your child must go out in wet weather, place a plastic cover over the cast to protect it against wetness.

Do not allow your child to put objects inside the cast. This will cause skin irritation and may cause skin sores under the cast.

Do not use lotions or creams on the skin at the edge of the cast. This makes the skin soft and at risk for sores.

You may use a hairdryer (on **cold** setting) to relieve itching. Blow the air against the cast over the itchy area. You may also give Diphenhydramine (Benadryl) by mouth for itching. Be sure to follow your doctor's orders and the package directions for the amount to give your child.

### **Call an Idaho Falls Pediatrics if:**

- Your child has increased swelling of his toes- not relieved by elevating the leg above the level of the heart.
- Your child's toes have a blue or white color.
- Your child complains of coldness, burning sensation, numbness, or tingling of his toes.
- Your child is unable to move his toes.
- The cast looks too tight.
- An object gets into the cast.
- There is a foul smell or drainage from the cast.
- You see a sore on the skin at the edge of the cast.
- Your child complains of severe pain or cries often.
- Your child's cast slips or comes off.
- There is a crack, break or softening of the cast.
- You have questions or concerns about your child's cast or leg.

\*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.