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# Club Foot Cast Care Instructions



An agency of the Provincial  
Health Services Authority

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*Developed by the health care professionals of the Orthopedic Clinic with  
assistance from the Department of Learning & Development*

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## Club Foot Cast Care Instructions

- Raising your baby's leg or legs after casting for the first day or two helps. Roll a small towel and put it under your baby's leg or legs so it is raised up about three or four finger widths high.

- Watch the colour of your baby's toes.

If the toes are a blue or purple colour lift the leg or legs up by using the small rolled towel. You can also gently squeeze up and down the cast to improve the flow of blood to the toes. Look for your baby's toes to be pink again. If the toes stay a blue or purple colour call us.

If the toes are white, take off the cast and call Dr. Alvarez's office for the next available appointment.

- Check the toes daily to make sure you can see all of them. Call us if you can't see them all. Sometimes the cast slips forward and covers the toes.
- Keep the cast or casts dry. Remember do not bath your baby while the casts are on.
- Keep the diaper away from the cast edges.
- Check to see the hard edges of the cast are away from the skin.
- Do **not** trim the cast edges.
- Blow dry on cool setting three times a day depending on your babies' skin condition.
- Do **not** pull out the padding material.
- If your baby will not stop crying and you cannot find the cause it might be the cast. First unwrap a few layers above your baby's thigh to see if baby settles down. If not continue to take off the cast and call us.



**If you have any questions or concerns call:**

**Orthopedic Clinic Nurse**  
at 604-875-2609

**Dr. Alvarez's office at**  
604-875-2178.

**After 4 p.m. please go to your nearest emergency department.**

Call Dr. Alvarez's office the next day to let us know you went to emergency.