



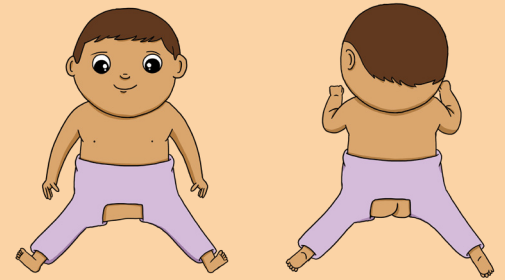
Care of a hip spica cast

Wearing a hip spica or bachelor cast makes moving hard. Bub will need your help changing position often, so they don't get pressure sores.



Looking after bub

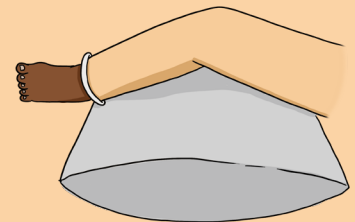
When bub is awake, give them **time on their tummy for 30 - 60 mins. Do this 2 - 3 times a day.**



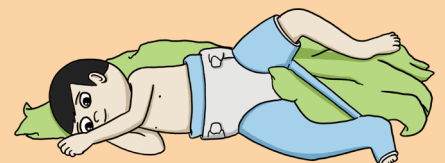
Use pillows underneath bub to help position them.



Make sure they can wiggle their heels and feet at all times.



Lay bub on their back or side when sleeping.
Bub won't need to be turned at night unless they ask.



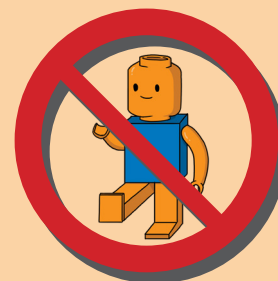
To avoid pressure sores on bub's heels, place small rolled up towels or soft toys under their legs to lift their heels off the bed or wheelchair.



You must check the skin around the edge of the cast for pressure sores and that the cast is not too tight. Do this **3 times a day**.



Don't let bub put anything inside the cast, as this will cause pressure sores, irritation or tear the skin.



Skin care

Clean bub with wet wipes or damp cloths, don't forget to clean under the edges of the cast. Dry the skin well after cleaning.



Do not use cream, powders or oil on the skin around the edges of the cast. Use sorbolene cream.



The skin under the cast will get itchy. Do not use anything to scratch the itch. Yarn to your local pharmacist about anti-histamines to help stop the itch. A fan may help cool bub and reduce the itchiness under the cast.



Toilet

Children who are not toilet trained

Change nappies more than usual during the day to stop the cast from being dirty or wet. Make sure the nappy is on properly and that the cast is not tucked into it.



Children who are toilet trained

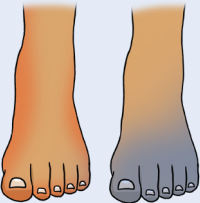



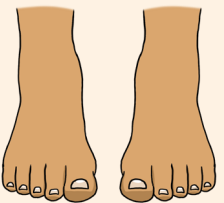
Yarn to the Occupational therapist (OT) about hiring equipment from the hospital to use at home.

Getting around with a cast

- Bub must not stand, crawl or walk while in the cast.
- The OT will give you a wheelchair or stroller to use at home.
- The OT will show you the safest way to move bub in and out of the wheelchair or stroller.
- The OT will let you know if bub needs a hoist or a sling to move bub safely.

Circulation

Check bub's feet and toes each day for:

Temperature:	Colour:	Movement:	Sensation/ feeling:	Swelling:
Both feet should feel the same temperature	Both feet should be their normal skin colour	Both feet have normal movement in their toes and ankles	Normal feeling on the top and bottom of the foot and toes	Little or no swelling on foot or toes
				

If you have any worries or concerns about bub see your GP, health clinic or go to the emergency department.

Cast care:

Call the hospital on 6456 2222 and ask for **Orthopaedic Outpatients** if:

- **The cast gets wet** - the cast is not waterproof you must keep it dry.
- If the bar between the legs **becomes loose** - do not use the bar to lift bub's legs.
- If the cast is damaged and need repairs.
- If you notice any changes in bub, they are upset or not themselves and you are worried.

Healthy tucker

- Bub won't be moving much, give them smaller meals during the day, they won't need big meals.
- Breastfeed as normal.
- Give bub lots of sips of water throughout the day.

Activity

- Keep bub home from school till the doctor tells you. Ask the school for work they can do at home so they can keep up.
- Bub might enjoy activities like reading, watching TV, doing crafts or drawing.

Pain relief

If bub is in pain give them **paracetamol (Panadol)**, if it's not helping then see your doctor.



Paracetamol (Panadol)

Given at: _____

Next dose at: _____

No more than 4 times in 1 day

See packet instructions



Government of **Western Australia**
Child and Adolescent Health Service

Child and Adolescent Health Service

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

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This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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