

# Serial Cast patient instructions

## St Vincent's Prosthetics and Orthotics Department

Opening hours: Mon-Fri 7:30am-4:30pm

Phone: (03) 9231 3837

Your Orthotist is: \_\_\_\_\_

### What are serial casts?

A number of casts which are removed and then re-applied regularly.

This usually takes between 2 and 8 weeks but can vary.

The purpose is to apply a constant stretch to the foot/ankle.

### What to expect:

A cast will be fitted to your leg and you must sit for a period until the fibreglass sets.

Once set, it is safe to walk with a cast shoe.

If you are staying in hospital, staff will regularly check your leg and do cast observations. However, if you experience any pain it is important that you let staff know.

If you are not staying in hospital, it is vital that you attend all your orthotic appointments while you are in the cast. If you are unable to make an appointment please call us as soon as possible to reschedule.

### Showering:

- You must not get the cast wet
- Have a sponge bath instead of a shower.
- Or if showering, wrap your leg in a plastic bag and seal well with tape
- It is safest to shower seated

## **Sleeping:**

- The cast may scratch your other leg at night, try wearing a sock on your other leg or cover the cast with a pillow case

## **Contact your Orthotist as soon as possible or if after hours attend a hospital emergency department if you notice any of the following:**

- Reduced circulation to the toes: they feel numb or have changed colour
- The cast has become loose, is rubbing or causing pain
- You notice excessive swelling in your leg above or below the cast
- You notice the cast is broken or damaged in any way
- Your cast has become wet
- You notice unusual odour from the cast

## **Do not:**

- Do not get the cast wet
- Do not put anything inside the cast (e.g. to try to scratch your skin under the cast)
- Do not walk without a cast shoe
- Do not try and remove the cast yourself
- Driving in any plaster cast is not safe as you may not be able to perform an emergency stop, and may not have “full control” of your vehicle – both are offences under Victorian law. Check with the doctor and your insurance company for further information.