

# Cast Care and Advice for Ponseti Casts

*Information and advice for parents*

**Paediatric Physiotherapy**

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**PATIENTS**  
**PEOPLE**  
**POPULATION**

Your child has been diagnosed with Congenital Talipes Equinovarus (CTEV), this is a condition which affects the bony alignment and soft tissue of their foot/feet. We have provided you with the STEPS leaflet which gives more information regarding the condition.

The treatment we use is the Ponseti method, during the correction stage your child needs to have weekly casts, this information sheet aims to give you advice and tips on how to manage this stage of the treatment.

## Will the manipulation and casts hurt my baby?

The manipulation of your baby's foot is very gently and will not hurt them, they may be upset during casting because they don't like having their legs held or clothes removed.

We will talk you through the process whilst we cast your baby.

## Top tips

**During this stage it can help if you comfort your baby:**

- Your baby can be fed (either bottle or breastfeed) during the casting process to settle and comfort them.
- Bring their favourite toys as a distraction; even singing to them can help.
- Your baby may be restless for a few hours following the cast - as the casts can feel quite heavy until they are fully dry. You could put a rolled up towel under their knees to support the weight.
- Bring clothes you don't mind getting a little messy (the cast does wash out but better not to wear baby's best clothes).
  - Baby grows without feet are normally easier to use and allow you to view baby's toes the whole time.

## Notes

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## Contact details

Your Physiotherapist is \_\_\_\_\_

### Physiotherapy Mobile (Sandwell)

Telephone: 07813545603

### Physiotherapy Mobile (City)

Telephone: 07929856236

### Admin Team

Telephone: 0121 507 4486

The physiotherapy team are contactable from Monday to Friday, 8am - 4pm.

If out of hours please leave a message and the team will get back to you as soon as possible.

Before you leave the clinic it is important to take a picture of your babies cast/casts so you know what position the cast was in at the end of the appointment.

## Cast Care at Home

- Keep the cast dry and clean, try not to cover the cast for the first 24 hours to allow to dry fully.
- Do not bath your baby whilst in cast- use a soapy cloth to wash, rinse off and dry with a towel, do not get the cast wet.
- Do not put powders or lotion inside the cast.
- If a nappy leaks then wipe the cast with wet wipes until it is as clean as possible (do not use water or a wet cloth). If the soft padding inside the cast becomes heavily soiled, casts will need to be removed.
- Change your baby's nappy regularly to avoid any spills getting on the cast and make sure the nappy is tucked out of the cast.
- If there are rough edges at the top of the cast irritating your baby then you can use extra padding with flat cotton wool pads or extra padding provided by the team.
- You can roll up a small towel and put it under baby's knees to help support the heels when your baby is in a car seat/carrier.
- When picking up your baby try and support the casts/legs so you are not letting them hang down, as this can increase the risk of the casts slipping.

### Daily Cast checks:

It is important you complete these regularly throughout the day:

- Check for cracks/breaks in the cast.

- Check your baby's toes, they should be visible and able to move them in the cast.
- Check the circulation of their toes at every nappy change by checking they are still warm, pink and when you squeeze the toes the colour returns within 2-3 secs (we will show you how to do this at your appointment).

### When should I contact the physiotherapy team for advice?

- If the cast appears to be slipping off over the foot i.e the toes have disappeared up the cast (you can compare to the pictures you took at the appointment when the cast was put on). This usually means the plaster has slipped and is no longer correcting your baby's feet - so the cast will likely need to be removed.
- The cast is soft or has cracks which mean the position may not be secure.
- If you see any visible rubs or cuts.
- Your baby has kicked the cast off.
- Cast looks too tight around the thigh.

If you notice any of the above or you have other concerns regarding the cast please contact us on the details below.

If it is out of hours or you cannot get in touch with us and you are concerned then please remove the cast using the advice below.

### When should the cast be taken off straight away?

- If you notice the toes are cold and are not normal colour suggesting there are possible problems with circulation.
- Fluid or bad smell coming from inside the cast.
- **When to speak with your GP/111/A&E**

- If your baby is generally unwell, especially if they have a high fever.

Please let the team know as soon as possible if you have to take the cast off so we can arrange for you to attend the clinic for a new cast to be fitted.

### How do I remove the casts?

We ask you to remove the casts at home prior to your appointment

- the closer to your appointment time the better.
- Ponseti casts are done with Plaster of Paris and should be removed by soaking the cast in warm water. They should NOT be removed with a plaster saw.
- Fill a baby bath with warm water to cover the casts and allow the baby and casts to soak for 10-15 minutes whilst gently squeezing the casts to allow water to get between the layers.
- Then, unwind the plaster. There should be a bobble on the plaster which will be the end of the cast so start from there. Do not pull too hard as the plaster will break and you might lose the end.
- The cast is applied in 2 sections (thigh to calf and toes to knee) so should come off as 2 parts.
- If you continue to struggle, try soaking the casts again in fresh warm water and repeat the process.