

Caring for a Child in a Spica Cast

Your child's condition requires the wearing of a spica cast for 6-12 weeks. It may take 2-3 days for your child to adapt to wearing the cast. By following these simple guidelines, you as parents can help your child feel more comfortable.

Here are some key points to follow:



- After initial application of the cast avoid covering it with blankets for 24-48 hours to allow it to completely dry.
- Keep the cast dry
- Do not shower or immerse your child in a bath
- Keep the cast away from sand
- The edges of the cast should be padded as needed to prevent skin irritation



- Make sure that your child has enough room in the cast. You should be able to put one finger between the child's skin and the cast around each thigh from the opening that is cut out in the groin region



- When changing the child's nappy/diaper, take a small size nappy/diaper and tuck it inside the cast. Then place a bigger sized nappy/diaper around the smaller one and fasten it on the outside of the spica cast. The smaller nappy/diaper will act as an additional barrier to protect the cast.

- Please contact DBAJ if you plan to travel by plane with your child in the spica cast. Some airlines require a medical report before allowing a child to fly with a cast.

The cast will get soiled; don't worry too much about this. DBAJ will supply you with extra sticky felt padding, when it gets wet/soiled, peel off the padding and replace with a new piece.

For any concerns please call DBAJ on 04-3302000. Our office hours are from 0800-1700 Sunday - Thursday.

For any emergencies outside office hours please go to the emergency room of the hospital where your child had surgery. If necessary the staff there can get in contact with your child's surgeon.

Dr Marc Sinclair
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