



## INFANTILE SCOLIOSIS OUTREACH PROGRAM

### CAST CARE:

1. If cast gets wet, dry it completely with hairdryer (on cool) or fan.
2. The surface of the cast can be wiped clean with a damp cloth. (Soap & water.)
3. If edges of plaster cast are rough, moleskin should be used. Your doctor can provide this.
4. Avoid dropping small items into cast such as coins, food crumbs, etc. Never stick anything under cast such as coat hangers, or anything similar.



Front and back view of cast

### SKIN CARE:

1. Give your child a daily sponge bath. Be careful Not to get cast wet.
2. Once a day check skin around edges of cast for irritation or reddened areas. Place moleskin to pad and protect edges where skin is affected.
3. If itching is severe, contact your doctor. Never put anything in cast to scratch itchy areas.

### SHAMPOOING HAIR:

1. Cover top of cast with plastic bag to prevent the cast from getting wet.
2. Have child lie on his or her back on drain board of sink. A rolled up towel for under child's neck may make it more comfortable.
3. Make sure water flow is going away from cast. A handheld Nozzle will make this easier.



**BRACE CARE:**

1. Wear a wrinkle free cotton t-shirt under brace
2. Check skin for pressure areas daily. (Redness.)
3. Redness should disappear 20 minutes after brace is removed. If not contact your orthotist.
4. Avoid use of lotions & creams that tend to soften skin.
5. Brace can be cleaned with a damp cloth with soap or rubbing alcohol. Make sure brace is completely dry before reapplying.