

Top Ten Spica Cast Care Tips¹



1. Moisture is the root of the problem with your child's spica cast. Moisture allows bacteria to grow. The drier we can keep the lining, the better.
2. Immediately dry your child's spica cast lining if it becomes soiled with urine or feces.
3. Never place anything inside your child's spica cast, such as a coat hanger, ruler or pencil.
4. Never scratch the skin under the spica cast as this can lead to infection.
5. Do not alter your child's spica cast in any way, such as trimming or removal of padding.
6. Check your child's skin every day. Press the skin back around all the cast edges. Look and feel for red areas or sores. Use a flashlight to help you see inside the cast.
7. Do not put lotions, powders or sprays on or inside the cast.
8. Take a much smaller diaper than you normally use, and tuck it inside the opening at the bottom of the cast. You may also use a "Serenity Pad" (an adult sanitary pad) and tuck it inside the cast opening.

Other helpful resources:

- How to Care for your Child in a Spica Cast ([video series](#)): Hospital for Special Surgery-NY, NY (linked to with permission.)
http://www.hss.edu/conditions_how-to-care-for-child-in-spica-cast.asp
- [Spica cast lessons](#) from a mom (used w/permission from a wife, mother...lawyer.) <http://www.mommyesq.com/2010/12/spica-casts-lessons-learned-so-far.html>