

caring for your child with a Mehta cast

coping with the cast

It will take time for your child to learn to cope with their cast. However, kids are very resilient and learn to cope with change faster than adults. Sleeping might be the most difficult thing to get used to. It may be helpful to have extra pillows to put your child in different positions to help them get comfortable through the night.

taking care of your child's cast

- Keep the cast clean and dry to prevent skin problems. Do not get your child's cast wet. Protect the cast by covering it with plastic food wrap while eating, sponge bathing, washing hair, and using the bathroom.
- Do not put anything under your child's cast except for cloth material or padding. The skin under the cast can be easily scratched and infected. If itching occurs, you may blow cool air under the cast from a hair dryer. Or, you can thread a slender cloth (long sleeve or stocking) through the cast and do a flossing motion to ease the itching. If itching still bothers your child, call the doctor for a medicine to ease it.
- Never use lotions, creams or powders on the skin around or under the cast. This will soften the skin and the cast. Softened skin is more easily scratched and damaged from the edges of cast pressure.
- Infections of the skin under the cast can cause:
 1. Sores
 2. Drainage
 3. Change in the odor of the cast.
- A cast that is too tight or pressing on one area of your child's body too long can:
 1. Slow circulation
 2. Press on the nerves
 3. Cause pressure sores.

Several times a day for the first week, check your child's arms and legs for changes in color and temperature, ability to move, numbness, and tingling.

personal care

Every day wash all parts of your child's body not covered by the cast. Typically, sponge bathing is recommended for this. Remember the cast may not get wet.

For diapering, to prevent leaks or soiling the cast, some parents recommend putting a feminine napkin up the back of the cast in addition to the diaper. If the back of the cast becomes soiled, take a damp cloth with soapy water to clean the soiled area. Use a hair dryer on a cool setting to dry the area.



personal care

Purchase waterproof bibs in order to catch spills.

activity and safety

Patients can resume normal activities as tolerated with the exception of activities like swimming or other water-related activities.

travel

When traveling, keep extra padding, duct tape and waterproof bibs handy in the event of spills or vomiting.

when to call your child's doctor

- A change in position does not make reddened areas go away after an hour.
- Numbness, stinging or burning occurs under the cast
- A different bad smell, other than urine, feces, or body odor, comes from the cast
- Pain that is steady or increases, and is not made better by medicine or a change in position
- Fever over 101 degrees
- Cast becomes soft or cracks

