



Children's Therapy Department

Serial Casting

This leaflet is about what happens when you come for Serial Casting with your Physiotherapist.

We hope that you find this information useful. If you have any questions or are worried about anything, please contact your Physiotherapist at the Children's Therapy Department. They will be more than happy to help.



What is Serial Casting and why do I need it?

You are having plasters put on your feet because the muscles in your legs are very tight. The plasters will give your muscles a stretch and will stay on for up to four weeks. Each week the plaster will be taken off and a new one will be put on. This is called Serial Casting.

Where do I need to go?

You need to come to the Plaster Room, in the Orthopaedic Outpatients Department at Dorset County Hospital.

What should I wear?

You need to wear shorts, a skirt or loose trousers.



What should I bring with me?

Bring something to keep you occupied. You need to be nice and still whilst the plaster is setting so perhaps a book or a tablet.



Will it hurt?

Plastering will not hurt. Sometimes your legs might feel achy for a day or two afterwards but do not worry as this means that your muscles are having a stretch. You can have Calpol if needed.

What will happen when I get into hospital?

In the plaster room you will be asked to lie on your tummy with one leg bent.

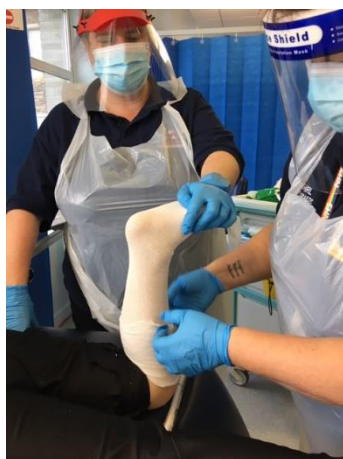
You can read or play at this point. We need you to stay relaxed and still.



The physiotherapist will hold your leg in position and the plaster technician will put the plaster on. First, they will put a long sock over your leg.

Next, your leg will be wrapped in soft padding. Some extra padding might be put around your ankle or toes.

Then the coloured plaster will be applied. Sometimes some water drips on you. Do not worry as this will dry quickly.



It is really important to stay still as the plaster takes a few minutes to set. It makes your legs feel warm but this will cool quickly. It takes about 10 minutes to plaster each leg.

Can I choose a colour?

There are a few different colours to choose from. You will need to wait and see what is available on the day.



Can I have a bath?

It is important that plasters are kept dry otherwise your skin may become wet underneath. You can buy waterproof protectors to cover casts, which will allow you to bath or shower. Alternatively, have a wash instead.

Plasters are normally changed once a week but sometimes they cannot be reapplied if dampness has got underneath and the skin is wet.

Will I be able to walk in my plaster?

Yes! We encourage walking on your plaster as this will make stretching of your muscles happen more quickly and casting will be more successful.

Will I be able to wear shoes?

You will be given special shoes to wear with perhaps a wedge to put in the heel. It is important not to walk around in your plaster without these shoes on so you do not slip and fall over.



Will I be able to go to school?

Yes! You should be able to do most of your usual activities, although you may find that you are unable to join in with PE.



How long will I be in plaster?

This depends on how much of a stretch your muscles need. Normally this will be between two and four weeks. Plasters are changed once a week.

How will the plaster be removed?



A special machine is used to cut through the plaster. It has a blade that vibrates in order to cut the plaster away. Do not worry - this will not hurt; it is just tickly because of the vibration. Removing a plaster is quite noisy, as the machine has a hoover attached. Ear defenders can be provided if needed.

Who can I contact if I have any problems?

We hope that you have found this information useful. If you have any questions or are worried about anything, please call the plaster room on 01305 255498.

About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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