

How to Remove Your Child's Bivalve Short Arm Cast

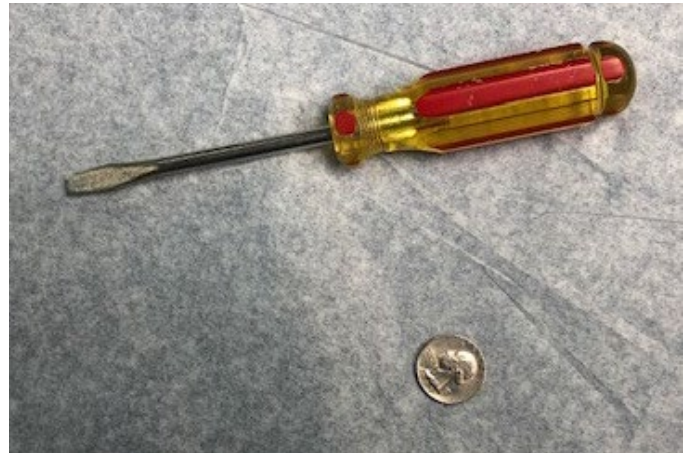
Instructions for home

Follow these steps to safely remove your child's cast at home.
Call the **Orthopedics** clinic if you need further help or guidance.

What do I need?

A quarter to help you pry the cast open (or, you may also use a flat head screw driver).

Disposable gloves are not required.



Removing the cast

1. Remove the tape around the cast.



To Learn More

- Orthopedics
206-987-2109 opt. 4
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

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2. Lift up the sock at each end of the cast.



3. Insert a quarter or a flat head screwdriver into where the slits are in the cast to pry it open.
Do this on both sides of the cast.



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4. Pull the cast apart and remove both sides of the cast.



5. Peel all the cotton, exposing the sock that is underneath.



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6. Lift up the sock and gently pull cast off the arm.



7. Carefully slip your child's arm out of the way.



After cast removal care

Once the cast is removed, wash your child's forearm and hand gently. It may take 2 to 3 days or more for all of the dried skin to fall off. Aggressive rubbing or scrubbing of the skin may lead to bleeding and infection.

Your child's arm may feel sore, achy, stiff and lightweight for some days. It may also feel itchy. It is important **not to scratch** because the skin will be very sensitive.