

# How to Remove your **Child's** Long Arm Bivalve 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 or a Flat Head screw driver to help you pry the cast open



---

## 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](http://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.

## How to Remove your Child's Long Arm Bivalve Cast: Instructions for home

---

2. Unfold the sock at each end of the cast



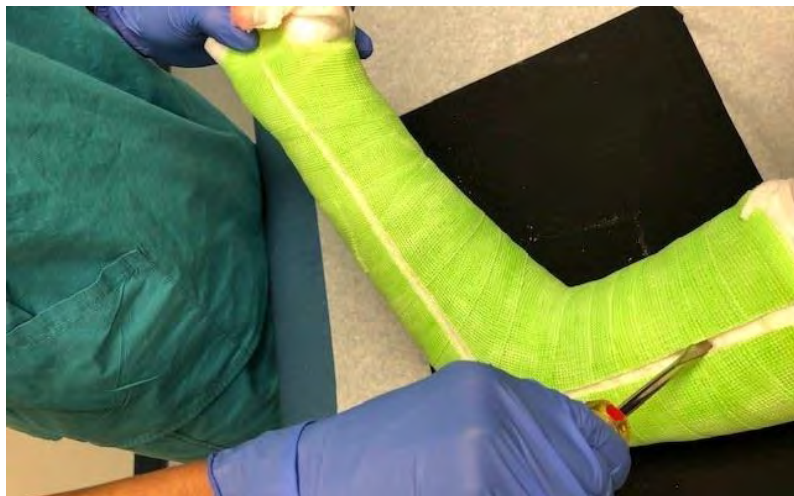
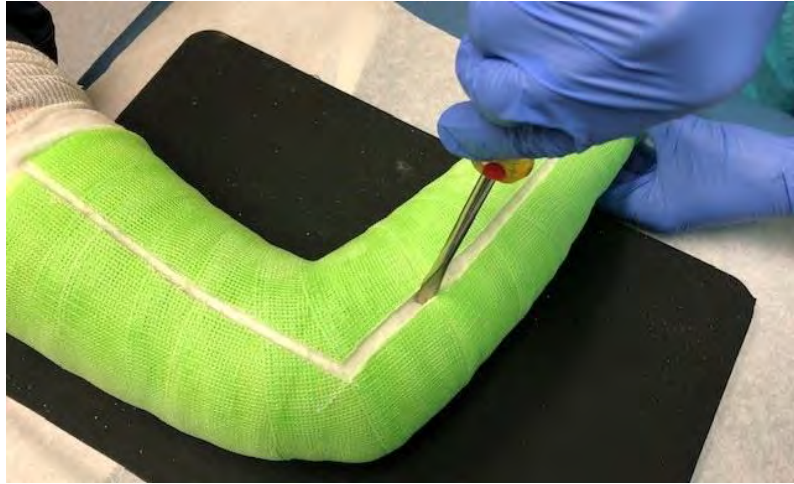
3. Insert a quarter or gently insert a flathead screw driver into the bivalved portion of the cast



## How to Remove your Child's Long Arm Bivalve Cast: Instructions for home

---

4. Gently rotate the quarter or screw driver to open the cast on both sides of the arm



## How to Remove your Child's Long Arm Bivalve Cast: Instructions for home

---

5. Gently pull the cast apart on the top



6. Leave the bottom part of the cast on the lower part of the arm



## How to Remove your Child's Long Arm Bivalve Cast: Instructions for home

---

7. Gently peel the cotton layers off of the cast, exposing the sock underneath



8. Gently lift the arm out of the bottom portion of the cast



9. Gently pull the sock off of arm



---

### After cast removal care

Once the cast is removed, your child's arm may feel sore, achy, stiff and lightweight for a few days. It may also feel itchy. It is important not to scratch as the skin will be very sensitive.

---

### If your child needs to use a splint

If we tell you that your child needs to use a splint, you will need the lower part of the cast you just removed to make one.

Read our handout PE3360 *"How to Make a Splint"* ([seattlechildrens.org/pdf/3360.pdf](http://seattlechildrens.org/pdf/3360.pdf)) for more information.