

INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Serial casting



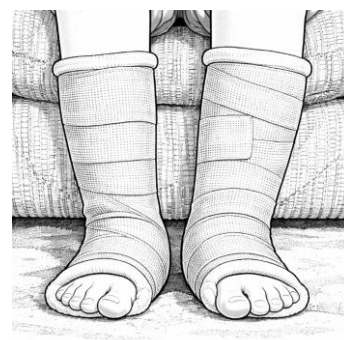
What is serial casting?

A procedure that involves applying a plaster cast/casts to your child's affected ankle/ankles, like if they had had a broken bone. Casts are left on for one to two weeks to hold a position of stretch. They are changed as needed till the best position is achieved.

Why is serial casting used?

After your child was checked by the consultant, physiotherapist, orthotist and/or therapy teams, they decided that using a series of casts may help to:

- Improve movement in a joint (make it more flexible.)
- Reduce muscle stiffness.
- Improve the position of the foot and ankle.
- Make walking and exercise more comfortable.



What are the risks of serial casting?

Your child may experience dry, itchy skin from the plaster and they may suffer with small rubs and blisters. The team will try and prevent this using padding within the plaster and if it occurs then dressings will be applied to stop areas getting sore.

Children are slightly more at risk of pressure sores under casts as they don't always tell someone if they are rubbing. If you have any concerns that your child is uncomfortable, please contact us to arrange a review.

On rare occasions, if the cast slips or becomes too tight, this can cause changes to the blood flow to the foot which can cause your child's toes to turn blue, go cold or go numb. If this happens you will need to have the cast removed as soon as possible. **Contact details are on page 2 of this leaflet.**

How long will the benefits last?

The effects of serial casting are usually short term. The benefits can be maintained for longer by completing regular exercises or wearing a splint after the serial casting process is completed. As your child continues to grow the muscles can become tight again. This may mean serial casting or other treatments will need to be needed in the future to help maintain their range of movement.

Activity while in the casts

Your child should walk around in the plaster casts as normal; this will help stretch the muscles. While in the casts your child should not do PE or high impact activities (sports or trampolining). If the plaster cast is painful or if your child cannot weight-bear the casts should be removed, and a review will be booked in the serial casting clinic.

Taking off the cast:

- **Soft casts.** These can be peeled off – no saw is needed.
- **Synthetic casts.** These need to be taken off with the plaster saw. This is a noisy machine, but it doesn't hurt, it tickles. If the sound is too loud, we have ear defenders available, or you could bring some if your child wears them routinely.

Caring for the cast

Do:

- Give your child pain relief if needed. The serial casts are like a muscle stretch that you can't turn off, so it can feel painful on the first day due to this.
- Keep the cast dry. Special waterproof covers can be purchased – please ask staff for an information leaflet.
- Keep moving, your child can walk and stretch their joints not covered by the plaster cast, especially the toes.
- Let people write on the cast.

Don't:

- Ignore problems - your child should be encouraged to say if there is soreness.
- Put anything down the cast, even if it itches.
- Damage the cast in any way.

Contact numbers

If you have any problems or concerns, please call the **plaster room at King's Mill Hospital between 9am and 4pm, Monday to Friday, on 01623 622515, extension 4114**, and speak to the plaster room staff.

Outside of these hours please contact the **Emergency Department at King's Mill Hospital on 01623 622515, extension 4121**.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service:

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202602-01-SC
Created: February 2026 / Review Date: February 2028