



Casting



This is a book about getting a cast. There are many reasons why someone may need a cast. The job of a cast is to keep a part of your body still so it can get better.



The person who will put on your cast is called a casting technician. When it is your turn, the casting tech will call your name and bring you to the casting room. Four kids can get their casts on at the same time.



The casting tech will tell you to sit on a chair or a bed while they put on your cast. Your grownup can stay with you the whole time. Some kids like to watch and other kids like to look away.



Getting your cast put on takes 3 steps.

Step 1: soft sock

This sock looks different than the kind you wear on your feet. It is soft and smooth and protects your skin.



Step 2: cotton wrap

The casting tech will wrap soft, white cotton over the sock. They put this padding on to help make your cast more comfortable. They wrap around and around to cover the whole sock. You can help by holding very still.



Step 3: fiberglass casting

You can choose a color for your cast! The casting tech will dip the fiberglass roll in water to make it wet and sticky. Then they wrap it around and around the cotton. Your job is to keep holding still.



Your cast is on, but it is still a little wet and sticky. Your casting tech will hold your cast for a couple minutes. When your cast is drying, it might feel warm. When it is totally dry, the cast will cool down and be hard.



Your appointment is done. The doctor will tell you when to come back to the clinic to have your cast changed or taken off. Make sure to take good care of your cast at home!

