

Caring for Your Child's Clubfoot Cast(s) at Home

Read through this handout to learn how to care for your child's clubfoot cast.

Monitor and Maintain

Color, Blood Flow and Temperature

After the cast is placed, the plaster may cool, causing the toes to be colder and briefly change color.

A good way to know if your child's toes are normal is by pressing gently on the toenail or the side of the infant's toe. Once pressed, they should turn briefly white and then quickly back to a pinkish color within 3 seconds.

Skin

A doctor will assess the skin weekly. To give your infant's skin a break, they may ask to remove the cast.

Skin will become more sensitive as it has been less exposed due to being in a cast. Skin sensitivity can make an infant fussier. Watch for any redness or skin irritation around the cast:

- In the groin area
- Behind the buttocks
- On the toes

Bathing

Avoid getting the cast wet. Water will not only weaken the casts but can cause skin irritation and lead to skin breakdown.

Use sponge baths during this time.

Position

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8471

Changes in the cast position can lead to risk of skin sores or breakage of the skin. Make sure their foot/feet have not slipped back into the cast or are sticking too far out of the cast. Take a picture of your infant's foot position when the cast is first placed for reference.

Cast Fitting

Check for cracks and rough spots on edges near skin, openings or holes and make sure there is padding between the skin and rough edges of the cast. Check the groin and backs of the thighs. You may notice your infant is fussier than normal. This is because they can no longer freely move their legs as before.

Do not let your infant's legs and casts dangle. This can cause the cast to change position. It can also be hard on the infant's hips to support the weight of the cast(s).

When to Call

Call the clinic right away if you notice:

- Changes in color, blood flow and temperature of the leg
- The cast is wet
- The cast is slipping
- Cracks in the cast

Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit

www.uwhealth.org/.