

Serial casting for children with cerebral palsy

Children's Hospital
Information for Patients

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What is serial casting?

Serial casting is a process in which a number of casts are used over time to stretch a limb (arms or legs).

What are the benefits of serial casting?

- To improve range of movement
- To improve positioning making daily activities easier
- Normalise muscle tone
- Lessen stiff or rigid muscles (spasticity)

Use of Botox with serial casting

Botox has been used for the treatment of cerebral palsy since 1990.

Botox injections aim to reduce muscle over-activity and stiffness. This will improve movement and reduce pain, particularly when positioned in bed or sitting.

Botox can be given in a clinic with local anaesthetic or under a general anaesthetic (whilst asleep). We will discuss these choices with you.

How long will my child wear casts?

The serial casts will be changed weekly. 2 nurses will put on the cast. Your cast will be on for around for 3 to 4 weeks. We will discuss this with you before casting starts. If your child has a soft cast you will be able to remove it the evening before or the morning of your appointment. You can then wash the limb ready for a cast change. Any other type of cast will be removed with a cast saw. We will discuss this with you before the cast is put on.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk



Things to check whilst in cast

Your child should not be in pain whilst the cast is on. They may feel some discomfort or a stretching feeling. It is important to check the toes/fingers and the cast edges regularly.

There is a cause for concern if:

- Toes/fingers change colour to white or blue and feel very cold or become swollen
- The toes/fingers feel numb or have a tingling feeling
- There is pain around the ankle, heel or front of the foot
- Your child is unable to sleep, is distressed and wakes crying during the night
- Itching please use a simple antihistamine as per dosage on the bottle.

If any of these happen please contact:

Specialist Sister 07950 888466

Deputy sister 07977957248

Ward 19 (24 hours) 0116 258 5244

Secretary 0116 258 5756 (8am to 4pm)

If you need to remove the cast (soft cast) in an emergency, or you have the cast removed elsewhere, please contact us on the above numbers.

General advice

- Keep the casts dry. Cast covers are available from www.limboproducts.co.uk Tel. 01243 573417
- Avoid trampolines, bouncy castles and soft play
- Avoid sand and bark chips. These can get into the cast easily and irritate the skin causing sore areas
- Give an anti-histamine such as Piriton for any itching if needed.
- **Please do not put anything down the cast**, if this happens please contact us straight away
- Wear the plaster shoe provided when you are walking both indoors and outdoors to prevent the cast wearing through

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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