

Removing Ponseti Casts Without the Use of the Saw

Plaster of Paris can be removed after soaking.

Soaking can either be done as a 'pre-soak' by the families, or in a bath in the clinic.

Pre-soaking casts

Try to start the pre-soak at least 1 hour before coming to clinic.

- Put a cloth (cotton tea towel or muslin) in water to soak
 - It helps to fold the cloth
- Put a dry towel under the leg in cast
- Fill a jug/small container with warm water
- Pour warm water very slowly onto the cast and rub all over
 - This gets the softening process started without taking it too far
 - The outside of the whole cast should be very damp
- Take the cloth out of the water, don't squeeze and immediately wrap it around the leg in cast.
 - It needs to be really wet to work well
- Wrap clingfilm around the cloth and cast
- Keep it all in place by putting the leg into a bag and tie the bag around the top of the cast.

Bathing in clinic

Fill a baby bath with warm water to cover the casts and allow the baby and casts to soak for 10-15 minutes with gentle squeezing of the casts to allow water to get between the layers

Removal of cast

Method 1: Use of the plaster knife – this is a safe method with care and time.

- Start at the top of the leg
- Cut at a 45 degree angle
- Where you can, put your own fingers between the baby and the knife
- Do not pull undercast padding away until all cast is cut
- Continue to wet cast as you cut through to facilitate softening of plaster
- Ease the cast material open as you go
- The last bit around the foot can be moved with gentle wiggling

Video available on request from naomi.davis@mft.nhs.uk

Method 2: Unwinding the plaster.

- Leave a nubbin of plaster after each roll is finished to facilitate finding the end to start unwinding
- If nubbin is not available, make small cut with plaster knife to fashion an end to start

Last edited 29.3.20