



Cast Removal



This is a book about getting a cast taken off. The person who will take off 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. You may remember this room from when you got your cast put on.



You may sit on a chair or a bed while the casting tech takes off your cast. They will put a towel over your clothes to help keep them clean. Your grownup can stay with you the whole time.



When you got your cast put on did you like to watch or did you look away?
What will you choose today?

Getting your cast removed takes 4 steps.

Step 1: make lines

The cast remover vibrates (wiggles back and forth quickly) to make lines in your cast. It sounds like a loud vacuum cleaner. Kids say it tickles while it wiggles on your cast even though it does not touch your skin.



Your job is to help the casting tech by holding still. If you want the vacuum noise to be quieter, you can ask to wear headphones.

Step 2: open

Now the casting tech will use a tool to open up your cast on the lines. When the cast opens you may hear a little pop sound. Kids say this doesn't hurt.



Keep holding still – two steps to go!

Step 3: open sock and cotton

After your cast is open, you'll see that the soft cotton and sock are still there. The casting tech will use scissors to cut the sock and cotton. They won't cut your skin, but they may feel a little cold.



Keep holding still – you're almost done!



Step 4: take everything off

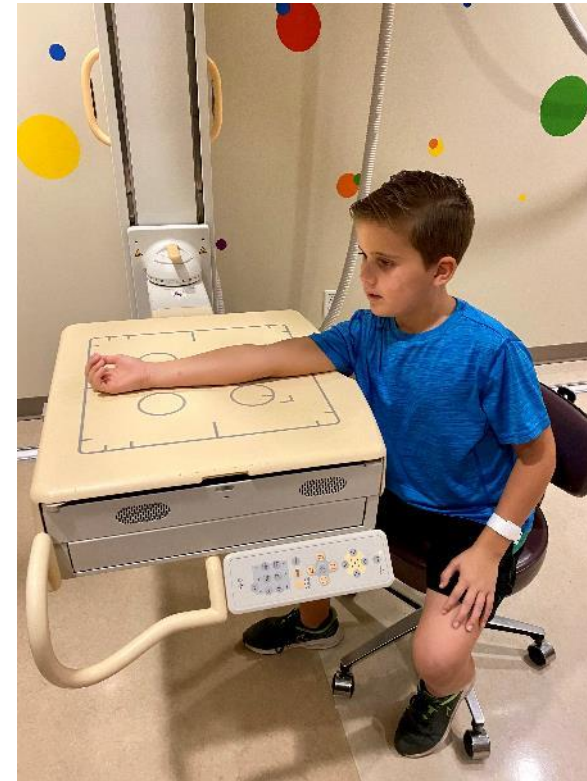
Now that all the parts of your cast are loose, the casting tech will take them off. The skin under your cast might look a little different or smell a little stinky. All of this is okay.



After your cast is off, your doctor may want to take a picture called an x-ray. The x-ray camera is right next door to the casting room. You can bring your grownup with you.



The x-ray tech will take the pictures of the inside of your body. They will know how to move your body to get the best picture. The camera will not touch you. Your job is to hold very still.



After your x-ray, you and your grownup will go back to an exam room and wait for the doctor to look at your pictures. They will tell you if you need another cast, a brace, or nothing at all. Then your appointment is done!

