

# Shoulder Spica Cast Care

We use a shoulder spica cast to stretch a tight shoulder after a Botox injection or to hold a child's shoulder in position after tendon transfer surgery while the body heals.

There are three parts to the shoulder spica cast:

*Long Arm Cast* →

*Support Bars* →

*Belly Band* →



We will make the belly band before surgery with your child standing up. After the fiberglass hardens, we will remove the belly band and then reapply it later in the operating room.

## Clothing:

- Wear big T-shirts or tank tops.
- Oversized zip-up sweat shirts work well to keep warm.

## Bathing:

- **DO NOT** place your child in a bathtub or sink.
- **Sponge bathe only!**
- Place plastic bags over the cast and use adhesive tape for the edges to keep it dry while sponge bathing.
- Check your child's skin at bath time.
- Look for rub spots commonly found between the thumb and index finger and on the back of the belly band – cast padding can compact and move leaving sharp edges.
- If you find sharp edges, place mole skin or other padding between your child and the cast to protect the skin.

## Feeding:

- Cover the cast with a towel while eating to avoid soiling.

## Diapers:

- Tuck diapers under the belly band.

## Car Seat:

- Bring your car seat on the day of admission.
- Most children fit in their car seat without any modification.

**If you have any questions or concerns please call:**

Cast Technicians: (916) 453-3355      Advice Nurse: (916) 453-2180



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