



Parent Tips & Hints

Nappy changes with a cast

- *Place a regular sanitary pad inside a newborn nappy and tuck that inside the cast. Flip your child onto their tummy to push the nappy up the back then flip onto back to push the nappy up front of the opening. A smaller nappy may be needed until the swelling goes down then use as big a size possible to fill the space.*
- *Use some cotton wool wadding to hold the nappy against the body by pushing the wadding between the cast and the nappy. In most casts you'll usually only need to put the wadding at the front but use as needed at the front, back and sides where there are gaps between the cast and body around the nappy (this is to assist holding the nappy in place).*
- *Finally hold it all in place with a nappy big enough to do up around the outside of the cast.*

Other tips related to nappy changes with a cast

- *At nighttime place an extra panty liner (to create a T shape with the pad) on the inside of the nappy.*
- *Don't forget to change the wadding, pads and panty liners regularly.*
- *The cast opening is often sealed with a waterproof tape from a couple of centimetres inside to the outside in a petal pattern (see photo). This often needs replacing during the treatment time so ask about getting some on discharge. Slick tape is commonly used as not all tapes adhere to the cast material. More can be purchased at chemists (it may need ordering in).*
- *Dabbing some eucalyptus oil (using a cotton bud tip) around the inside of the cast in the nappy area helps eliminate the odour in the nappy area. (Be careful to avoid your child's skin).*
- *Some find raising the head of the cot up slightly, for babies, may help gravity to minimise leaks. Older children may be propped up on pillows both for comfort and to again assist gravity in its work.*

Disclaimer

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