

Getting A Cast

Girl Version

My Hospital Story



Boston Children's Hospital

July 2016

I am getting a cast at Boston Children's Hospital.
The cast will help the bone that I hurt get better and
stronger again.



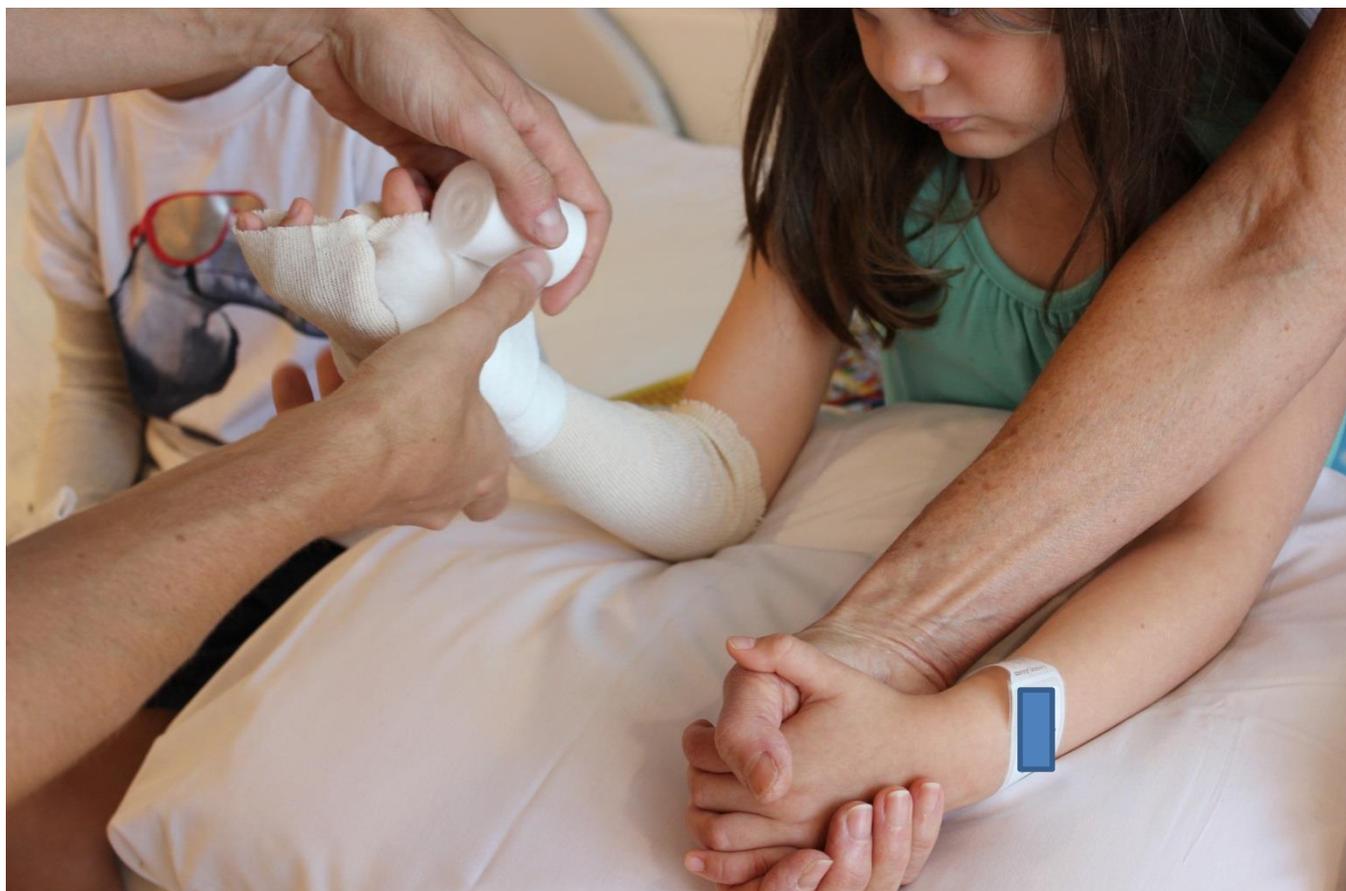
Someone called an Orthopedic Technician will place the cast on my arm. The technician will talk to me and my family about the steps of getting a cast.



First, the technician will measure a material called stockinette to my arm. This is a soft piece of cloth used to cover my arm to keep it clean. The technician will cut a small hole in the stockinette for my thumb.



Next, the technician will wrap a soft cast padding over the stocking. The cast padding helps support my arm and keep it comfortable.



The next material is called fiberglass. At first, the fiberglass roll is hard, but it will become soft, warm, and wet when the technician dips it in water.



The technician will wrap the wet fiberglass over the padding. It will dry after a few minutes. It might feel a little warm on my arm.



While the cast is drying, the technician might ask me to hold my arm a certain way. This will help the bones heal in the right position. I can remember to stay still while the cast is drying.



The technician might trim some of the extra padding around my hand with safety scissors.



Next, the technician might let me choose a color for my cast. If I want, I can pick my favorite color!



Once I pick a color, the technician will dip the colored fiberglass in water so it will become soft.



The technician will wrap the wet, colored fiberglass around my cast. At first it will be soft, but slowly it will harden to keep my arm nice and still.



Once the cast has dried, I can have everyone write their names on my cast to help me feel better.



The cast will stay on my arm until my bone is strong and will stay in the right place by itself. I might wear my cast for 1 or 2 months or maybe longer. Once my cast is on, I can go home. Everyone will be so proud of me for doing a great job!



Developed By:
Autism Spectrum Center & Child Life Services