



Diapering and Casts

Diapering Tips

Diapering an infant or toddler in a cast can be very challenging in the beginning. This has been a topic of much discussion among the parents of the CAST Support Group, and they've learned, the hard way, some techniques that may help you with the task of keeping your baby clean and dry.

Although there is no proven perfect formula for diapering an infant or child with plaster, you will soon figure out what works best for your child. Here are a few suggestions to get you started:

- A diaper placed smoothly and carefully 1 inch under the child's jacket seems to be more effective at absorbing moisture
- The diaper should be low and snug around your baby's hips, directly under the jacket (cast)
- Attach tabs as you normally would
- Diapers with stretch on the sides work best
- Some parents have found that panty-liners, placed horizontally at the bottom, halfway under the jacket (smoothly), and half way over the jacket, can absorb a lot of moisture before it reaches the cast
- For infants, some parents recommend asking your doctor to place a special, high absorbent t-shirt under the jacket.

Most parents agree that a jacket with a t-shirt underneath works well in getting the cast and skin clean if they become soiled. If the jacket and t-shirt underneath are soiled:

- Pull the t-shirt out enough to clean with mild soap and warm water
 - Rinse thoroughly
 - Try to dry the t-shirt a bit with a blow dryer on cool setting
- Allow it to slide back up into the cast



Front and back view of cast

If you have a diapering strategy that works great for you, please e-mail it to: heather@infantilescoliosis.org and we can add it to this page.



**Infantile Scoliosis
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