Cast Removal
Girl Version
My Hospital Story

Boston Children's Hospital

July 2016
I am getting ready for my cast to come off. When the doctors think that my bone is healed and healthy, they will take my cast off.
First, the doctors will cut the hard part of the cast with a special saw. The saw will not touch my skin or hurt me, but it might tickle.
The saw might be loud. If the saw is too loud, I can listen to music or even look at a book.
My caregiver can stay with me the whole time while the doctor removes my cast.
After the doctors cut the hard part of my cast, they can use special tools called pliers and scissors to help take it off.
Next, they will cut the softer part of my cast, and take that off, too. I can remember to keep my body very still.
Once the cast is off I will finally see my arm that was covered with the cast. It might look different than it did before. The skin might be dry or pale and my arm might look smaller too.
I will not worry, because I know that my bone is better, and soon my arm will get strong and look the same as it did before. The doctor might give me some special exercises to do to help my arm get stronger.
After we are finished talking with the doctor, I am all done and I can go home! Everyone will be so proud of me for doing a great job getting my cast off!