

Things to Remember:

1. Your help in doing what the doctor says for the treatment of your baby is very important. Remember to ask questions if you do not understand.
2. You will need to bring your baby to the clinic every one or two weeks for a new cast. Your doctor will tell you when to come next.
3. Make sure you keep the cast dry.
4. When the casts are finished, special shoes have to be worn. These special shoes are very important to the healing of your baby.
5. You brought your baby to the right place for care.

There is hope for your baby!

Schedule:

Your health worker will fill in the blanks.

Patient Number: _____

Health Worker Name: _____

Casting Visit Date:

Next Visit is:

Visit 1: _____

Visit 2: _____

Visit 3: _____

Visit 4: _____

Visit 5: _____

Visit 6: _____

Visit 7: _____

Visit 8: _____

CURE Clubfoot Worldwide was started so that children born with clubfoot around the world can be healed in God's name.

To find out where your nearest clubfoot clinic is, or if you have questions about your treatment contact the Clubfoot Coordinator at:



CURE Clubfoot Worldwide is working with partners to get rid of lifelong disability as a result of clubfoot.

www.cureinternational.org

Doctor, is there Hope?



Is there Hope for my Baby?



Yes, there is hope for your baby!

Like most mums and dads, you may have been sad when you saw that your baby was born with clubfoot. The good news is that this problem can be fixed without surgery if your child is treated when they are a baby.

With your help, your baby will grow up walking, running and playing just like other kids!

How is clubfoot treated?

There are two parts to clubfoot treatment:

1. **Plaster Casts** - this will take 2 to 4 months. The doctor does the work making the casts.
2. **Braces** - this will take 2 to 3 years. You do the work making your child wear the special shoes.

How much does this cost?

A CURE Clubfoot Worldwide clinic will treat your baby for free. The only thing you will need to pay for is travel to the clinic, which may be the best money you spend to help your child.



How does the cast work?

Clubfoot is fixed by using a plaster cast which goes from the toes to the top of the leg. This cast stretches the foot and holds it in a good position. After a week the first cast is taken off and replaced with a new cast in a better position. The picture below shows how the foot changes during the casting. Every one or two weeks you will bring your baby in to get a new cast. Most children need 6 to 8 casts to fix their feet.

Before Casts → **After Casts**



What is a tenotomy?

Most children with clubfoot need a simple procedure called a "tenotomy" before the last cast. This is when a doctor uses a small knife to cut the heel cord. Your baby will be given another cast and pain-relief medicine and you can go home after it is done.

The doctor will tell you if your baby needs a tenotomy. After the tenotomy, the last cast stays on for 3 weeks. When it is taken off your baby is ready for special shoes. You will be told more about the special shoes when the time comes. Wearing special shoes is very important to the healing of your baby.

How do I take care of my child's cast?

1. Keep the cast clean and dry.
2. Wash your baby with a damp cloth **not** in a tub, so that water won't get inside the cast.
3. If the cast gets very dirty, clean it with a damp cloth and a little soap. Wipe off any extra water and let it dry.
4. Make sure your child does not pee in the cast. This can lead to bad smells, infections, and a broken cast.
5. If it's cold, you can put a sock over the cast to keep the toes warm. Check your baby's toes many times a day, they should be pink and warm.

Call the clinic or come in to the clinic if:

- The toes are swollen or very cold.
- The skin around the cast has a rash.
- The cast is soft, wet or cracked.
- The toes disappear into the cast.
- You notice a bad smell coming from inside the cast.

Remember:

Cuddle and play with your baby as much as you would with other kids even though they are wearing a cast.



The cast-changes your doctor plans are very important in your baby's clubfoot treatment. Make sure you come to every visit!