

Cast Care

Call our office or return to the hospital emergency room immediately if you experience any of the following:

- Extreme pain
- Tightness or progressive swelling of fingers and toes unrelieved by elevation
- A wet cast which cannot be easily dried with blow-dryer (cool air setting)
- Localized painful pressure
- New or progressive numbness or tingling
- Skin burning or irritation
- Breakage or damage to your cast

Cast Care Instructions

1. **Keep your cast clean and dry.** If it becomes wet, a blow-dryer on cool is useful in drying the padding more rapidly.
2. Elevate your injured extremity the first few days after your cast is applied. Elevation of your injured arm or leg above your heart is best to keep swelling down.
3. If you have a **cast on your hand**, exercise your fingers by opening and closing your fist. If you have a **cast on your foot**, exercise your toes by wiggling them up and down.
4. DO NOT scratch under your cast. If itching is a problem, aim the blow-dryer (cool air) down the top of your cast and blow cool air into the cast.
5. For foot casts, do not walk without the protection of the cast shoe, indoors or out.

Bathing Instructions

Bathing must be done cautiously to prevent moisture from entering the cast.

- If you have a **cast on your arm**, wrap towel around upper portion of the cast and place a plastic bag over the cast and tape it securely around the arm, then repeat the procedure with a second bag and ring of tape around the arm. Attempt to hold the arm above the head while bathing.
- If you have a **cast on your leg**, wrap a towel around the upper portion of the cast and then repeat the double bag and double tape as outlined above.

If any moisture enters the cast, it may be removed by use of a hair dryer on a cool setting. If you are unable to dry your cast sufficiently, contact the office.

******Cast replacements may not be covered under your insurance. Take care of your cast!******