CARING FOR YOUR CAST

WHAT TO DO TODAY:

- ELEVATE ABOVE HEART LEVEL TO REDUCE SWELLING
- IF WEARING A SLING, DO NOT WEAR WHEN IN BED
- CHECK FINGERS AND/OR TOES FOR DISCOLORATION, INCREASED NUMBNESS OR TINGLING. MAKE SURE YOU'RE ABLE TO MOVE ALL FINGERS AND/OR TOES.

CAST CARE:

- KEEP CAST CLEAN AND DRY
- NEVER PUT ANYTHING INSIDE OF CAST. THIS COULD CAUSE SKIN BREAKDOWN WHICH COULD LEAD TO INFECTION.
- IF CAST DOES GET WET, PLEASE CALL OUR OFFICE IMMEDIATELY TO HAVE CAST CHANGED.

SKIN CARE:

- DO NOT USE LOTIONS, OILS, OR POWDER UNDER CAST
- IF ITCHING IS AN ISSUE, USE A BLOW DRYER ON THE COOL SETTING TO BLOW AIR DOWN THE CAST.

BATHING:

- YOU MAY SPONGE BATH UNTIL CAST IS REMOVED
- CAST COVERS CAN BE PURCHASED FROM MEDICAL SUPPLY STORES OR DRUG STORES (EX: WALGREENS)

WHEN TO CALL:

- SEVERE PAIN NOT CONTROLLED BY MEDICATION
- CHANGES TO CAST SUCH AS CRACKING, SOFTENING, OR DRAINAGE
- FOUL ODOR
- DISCOLORATION OF FINGERS OR TOES, INCREASED SWELLING
- NUMBNESS IN FINGERS OR TOES
- CAST IS TOO LOOSE