

CAST CARE INSTRUCTIONS

Keep your cast dry. To bathe, cover the cast with a plastic bag and take a sponge bath. Many patients use a trash bag to cover their cast

Don't lay your cast against anything hard.

Don't put coat hangers, etc., down into the cast. If your arm or leg itches, it is ok to put talcum power [like Gold Bond] into the cast, or to take over-the-counter Benadryl capsules, one three times a day as needed. For children, take one teaspoon of Benadryl liquid three times daily as needed.

Be careful ! Benadryl can make you sleepy! We clean your arm or leg with alcohol before we put the cast on, and this usually keeps it from itching.

Don't put cotton or tissues into the edge of the cast. It can fall down into the cast and you won't be able to get it out.

Don't hit anyone or anything with your cast.

Our solid casts are made of fiberglass. If the edge bothers you, it is ok to bend the edge out with pliers, like a rose petal. Or, you can file down any rough edges with a file or an emery board.

Likewise, if you notice soft spots or cracks in the cast, call our office and we can have you come in so that we can repair the cast

FOR ARM CASTS

When resting, elevate your arm so that your fingers are above chest level. This is so that swelling will go out of your arm. Use the sling, if one was given to you, when you are up and around. When you rest, position your arm so that the top edge of the cast does not press into your skin.

FOR LEG CASTS

When resting, elevate your leg on a pillow, so that your toes are above chest level. This is so that swelling will go out of your leg. Don't walk on the cast unless the doctor told you that it was ok to walk on it. When you rest, position your leg so that the top edge of the cast does not press into your skin.

WATCH OUT FOR:

Severe, prolonged pain or burning under the cast.

Fingers or toes becoming numb, blue, swollen, or paralyzed. To check circulation, push down briefly on one of your finger nails or toe nails on the casted arm or leg. It will turn white, then return to pink color when you stop pushing, if the circulation is normal.

Fever; or drainage or bad odor that comes from under the cast

Stains on the cast that come from the inside [not from something that you spilled on it !]

Remember, there are no "stupid questions" when it comes to casts!! If in doubt, call us. Don't try to remove the cast yourself. You can hurt yourself. It takes special tools and training to take a cast off.

If these or other problems occur, call the office. If it is after office hours, you can go to the emergency room .