



Cast Care Instructions

A cast protects a broken bone or other injury. Most casts are made of fiberglass, but plaster is still used sometimes. Once a cast has been applied, you should not remove it yourself. Your doctor will determine how long you need to wear it and it will be removed by our staff at the office. Follow-up care is a key part of your treatment and safety. Be sure to attend all appointments, and call us at **(785) 233-7491** if you are having any problems.

General Care:

- Follow your doctor's instructions for when you can put weight on a leg cast. Do not bear weight on a cast unless you were specifically instructed to do so.
- Prop up the injured arm or leg on a pillow anytime you sit or lie down during the next 3 days. Try to keep it above the level of your heart to help reduce swelling.
- If the fingers or toes on the limb with the cast were not injured, wiggle them frequently. This helps move the blood and fluids in the injured limb and reduced swelling.
- You may apply ice to the cast at the injured site – using a Ziploc bag with ice or a bag of frozen vegetables.
- Be safe with medications. Read and follow all instructions on the label carefully.
 - If the doctor gives you a prescription pain medicine, take it only as prescribed.
 - If you are not taking a prescription pain medicine, ask your doctor if you can take over-the-counter medicine.
- Maintain a well-rounded diet to promote general wellness and healing.

Water and Your Cast:

- Keep your cast dry at all times.
- Tape a sheet of plastic or plastic bag around your cast to cover it when you take a shower or bath or when you expect any contact with water. Moisture can collect under the cast and cause skin irritation and itching. It can make infection more likely if you had had surgery or have a wound under the cast.

Cast and Skin Care:

- Keep your cast clean. Keep sand, dirt and powders out of the cast.
- Try blowing cool air from a hair dryer or fan in to the cast to help relieve itching.
- Never stick items under your cast to scratch the skin, as this may injure the skin and cause an infection.
- Don't use oils or lotions near your cast. If the skin gets red or irritated around the edge of your cast, you may pad the edges with a soft material or Band-Aid or contact our office to assist you.

When Should You Call for Help?

- You have increased or severe pain
- You feel a warm or painful spot under the cast
- You have problems with your cast. Examples include:
 - The skin under the cast burns or stings
 - The cast feels too tight
 - Fingers or toes are blue or feel cold to the touch
 - Fingers or toes develop persistent numbness or tingling
 - You have trouble moving your fingers or toes

- There is a lot of swelling near the cast (some swelling is normal)
- There is a bad smell coming from the cast
- If the cast is breaking apart, has a crack or develops a soft spot