

CARE OF CASTS

In order to protect your injury or fracture, a fiberglass or plaster glass is used on the affected limb.

CARE INSTRUCATIONS:

- For plaster casts, DO NOT put undue weight or stress on the affected limb for at least 2 days (the approximate time it takes for the cast to settle and dry).
- DO NOT put weight on the cast unless instructed by your doctor.
- DO NOT use or put anything under your cast to scratch – this may result in a skin infection. Try blowing cool air from a hair dryer or fan into the cast to help relieve itching instead.
- DO NOT use oils or lotions near your cast.
- Always keep your cast dry and away from water. Protect your cast from rain or snow by using a protective covering.
- Wiggle your fingers and toes if they are not injured – this promotes blood circulation in the injured limb.
- Take any recommended medications as prescribed by your doctor.

SEE YOUR DOCTOR RIGHT AWAY IF YOU NOTICE:

- Fever.
- Severe pain not relieved by elevation.
- Swelling or tightness not relieved by elevation.
- Numbness, burning, stinging, loss of sensation, or a tingly sensation.
- A cool sensation or a pale or blue discoloration of the casted limb.
- Drainage oozing or a bad smell coming from the casted site.
- Difficulty moving your fingers or toes.
- Your cast is breaking apart.