



CAST CARE:

Providing appropriate care for a cast is an important part of your recovery. Though wearing a cast can be uncomfortable, it is necessary for the appropriate healing of many injuries. To adequately care for your cast, your orthopedists recommend the following guidelines.

- Elevate the cast above your heart, you should lay flat and rest the cast on pillows to prevent swelling; your doctor will indicate how long you need to do this.
- Use an icepack for the first 24-48 hours.
- Exercise fingers or toes this will prevent swelling and help to heal the injury.
- Make sure your fingers and toes are warm to the touch; check the color of toes or fingers.
- These should be pink.
- Keep the cast dry and clean at all times.
- Avoid putting anything under the cast; oils, lotions, powders, fingers, hangers, rulers, etc. this can cause irritation or infection.
- Use crutches, a cane or an arm sling for additional support or balance. (With the approval of your doctor).
- Avoid getting your cast wet in the shower or bath.
- If your cast is fiberglass and accidentally gets wet you may use a hairdryer on cool setting to dry it.

CALL YOUR DOCTOR IF ANY OF THE FOLLOWING OCCUR:

- Any tightness of the cast.
- Numbness or tingling
- Coldness of fingers or toes.
- A drainage or odor from cast.
- Your cast has gotten completely wet.
- Extreme or burning pains in one area
- A break or crack in the cast.
- A fever

**IF YOU HAVE ANY QUESTIONS CONCERNING
THE CARE OF YOUR CAST
PLEASE CALL
COLLOM & CARNEY CLINIC
ORTHOPEDIC DEPARTMENT
903-614-3008**