



Cast Care

The following instructions will help you with your cast care.

1. Carefully **follow your doctor's instruction** regarding physical activity.
2. Your cast should be relatively comfortable. Your fingers or toes showing outside the cast should be warm, normal in color and moveable. A minor amount of swelling is not unusual. If you have **steady pain** in one place, a noticeable **change in color** of your toes or fingers, or an **inability to move** them, elevate the cast **ABOVE THE LEVEL OR YOUR HEART** using pillows or other support. If the swelling does not go down call the University Health Center @ 346-4111.
3. Do not use your cast to pound or move objects. It is too fragile and may break or crack.
4. Never cut or trim your cast. Your doctor has selected the proper length and positioning of your cast.
5. **Never stuff cotton or tissues under the edges of your cast.** These materials could fall into your cast and decrease your circulation or cause other medical problems.
6. **Never put sharp items under your cast.** DO NOT use wires, sticks, pencils or other objects to scratch under your cast. If you do, the urge to scratch will remain with you as long as you wear your cast, and you may create some very serious skin irritations or infection. The itch usually fades away after a day or so. Often itching is caused by the collection of moisture between the cast padding and the skin. A blower-type hair dryer set on **LOW** and directed beneath the cast will relieve some of the itching. Also taping a bag of crushed ice or frozen peas to your cast will help decrease the itching.
7. If your cast has been fitted with a walking shoe wear it at all times except when you are sleeping.
8. All casts (INCLUDING FIBER GLASS) should be kept absolutely **clean** and **dry**. Even though the cast material itself is waterproof, the padding will retain moisture next to your skin, which may cause problems. **You should cover your cast with a plastic bag secured at the top to prevent water from leaking in while you shower.** The bag must be removed immediately to prevent moisture from collecting within the bag. **If your cast does become wet, dry it thoroughly!** Use a blower-type hair dryer set on low.

It takes a little time to adjust to wearing a cast. After you have worn your cast for a while, you may be able to do many of the things you did before your injury. **HOWEVER**, you should exercise caution and follow your doctor's instruction so you will heal quickly.