



## CAST CARE

Your cast has been placed to help your fracture or torn ligaments heal. There are some important things to remember to best promote healing and avoid damage to your cast.

**Do not get your cast wet.** There are commercial products available for covering the cast while showering or bathing, or you can use available plastic bags such as garbage or newspaper bags. No plastic cover will be completely waterproof, so you should avoid immersing or spraying the limb with the cast as much as possible.

**For itching:** Do not stick items in your cast! You may damage the cast or your skin! Try pointing a hair dryer on a cool air setting on the itchy spot. Over-the-counter benadryl pills may provide some relief for itching.

**Check Circulation:** Fingers and toes should be pink and warm to the touch. A gentle squeeze should turn your finger white. When you relieve pressure it should turn back to pink. You should be able to feel all fingers and toes with the cast applied. You should be able to wiggle toes and fingers.

**Elevate:** Keep the injured limb elevated as much as possible to reduce swelling. You cannot spend too much time with it raised!

**Ice:** You can apply ice to the cast in a zip lock bag, so it does not get the cast wet as it melts.

### **When to call us: 644-6055**

- Sudden increase in pain.
- Toes or fingers appear blue and begin to lose feeling.
- Sudden increase in swelling.
- Complaint of burning or rubbing under cast, foul odor from cast. All can indicate skin breakdown.
- If you can see a visible breakdown of skin under the cast.
- If the cast is too tight or loose.
- If cast breaks or wears out.
- If cast gets wet.
- If you have questions.