
Cast Care Instruction Sheet

The following information provides general guidelines only, and is not a substitute for your doctor's advice.

Swelling

Rest and elevation help reduce pain and swelling. Swelling due to your injury may cause pressure in your splint or cast for the first 48 to 72 hours. This may cause your injured arm or leg to feel snug or tight in the splint or cast.

To reduce this swelling

- Elevate your injured arm or leg above your heart by propping it up on pillows or some other support. You will have to recline if the cast is on your leg.
- Move your uninjured fingers or toes gently and often.
- Apply ice to the splint or cast. Place the ice in a dry plastic bag or ice pack and loosely wrap it around the splint or cast at the level of the injury.

Taking care of your splint or cast

- Keep your cast dry. If you wish to shower, you may cover the cast with a waterproof plastic bag and secure the bag above the cast with tape.
- Keep dirt, sand, and powder away from the inside of your splint or cast.
- Do not pull out the padding from your cast.
- You may experience itching underneath the cast, but **DO NOT** attempt to scratch by poking **ANYTHING** down the cast. This may create a wound that could become infected.
- If your skin becomes red or raw around the cast, you may try padding the edge of the cast with soft material.
- Never attempt to remove the cast yourself.

Reasons to notify the doctor's office

- If the cast becomes too tight or loose
- If the cast becomes wet
- If the cast cracks, dents, or develops soft spots
- Loss of active movement of toes or fingers, which requires an urgent evaluation by your doctor