



Cast Care

Always keep your cast dry, especially plaster casts, which can be softened by moisture and not provide the necessary support. Even though some synthetic casts are moisture resistant, the cast padding is not. Damp padding next to the skin can cause irritation.

Showering and Bathing

When showering or bathing, carefully wrap your cast in a plastic bag (make sure there are no tears or rips in the plastic) and securely seal with waterproof tape or "Glad Press 'n Seal" (you can find this product at the grocery store in the food wrap section). Make sure the tape seal is secure so that no water can leak through to your cast.

If you should accidentally get your cast damp, you can use a blow-dryer set at Low/Cool to help dry it out. Do not use direct heat to dry your cast; this could cause burns your skin. If your cast gets saturated, you will need to notify the doctor immediately so that it can be replaced. Wearing a cast that is wet can cause your skin to break down.

**Do not get
your cast wet!**

Itching

No matter how much it itches, do not slip objects under your cast to scratch the itchy area. This could result in injury or irritation to your skin. In time the itchy feeling should disappear.

Symptoms to Watch for

If you experience any of the following symptoms, notify the doctor immediately:

- A change in the color or temperature of your toes or fingers. Fingers and toes should be pink and feel warm to the touch. A gentle squeeze should cause the finger or toenail to blanch (turn white). When let go, the nail should turn pink quickly. Compare the arm or leg that is in the cast to the unaffected side. They should be almost the same color.
- If your cast feels extremely tight or persistently rubs an area, or if your cast feels too loose
- If you experience numbness or severe pain
- If there is bleeding or discharge from underneath the cast

Comfort Management Tips

While sitting upright or standing: Elevate your cast above your heart to help fluid drain and reduce swelling. Do this for 48 hours after application of your cast – if your arm is casted, you should look as if you raised your hand to ask a question.

When sleeping or resting flat on your back: It is important to keep your cast above the level of your heart. You can do this by lying on your back with the affected arm across your chest (as if saying the Pledge of Allegiance). Surround the affected arm with pillows so that it will remain in this position while you sleep.



For lower extremity (legs and feet) injuries and fractures: Elevate the foot of the injured extremity on pillows so that it is above your heart level.

Apply ice to the area of your cast where you had the fracture/injury. Do this by filling a plastic zipper-lock bag with ice and then placing the bag inside of another zipper-lock bag. This prevents any condensation from the ice in the first bag reaching your cast and getting it wet. You may apply the double-bag icepack for 20 minutes every hour for the first 48 hours after your cast is applied.

If you have any problems or questions, please feel free to call our office at (479) 582-4647 between the hours of 8:30 a.m. and 4:30 p.m., Monday – Friday. If you have an emergency outside of our normal office hours, go to the nearest emergency room or call (479) 571-7810.