

CARING FOR YOUR CAST

Call your Doctor or go to Emergency Department if you notice any of the following:

- You have pain in your limb that is different or worse than it was before.
- You have burning pain over any bony area under your cast.
- The medicine prescribed by your doctor does not relieve your pain.
- You have numbness, tingling or burning in fingers or toes.
- You have swelling, numbness, tingling, blue/purplish toes or fingers that isn't relieved by keeping your limb raised above the level of your heart for one hour.
- Your fingers or toes are unusually cold.
- You have difficulty moving your fingers or toes.
- You develop a fever.
- You notice a bad smell coming from inside the cast.
- You notice drainage coming from inside the cast

Call our clinic for an appointment if you notice the following:

- Your cast becomes weak, soft, develops a crack or gets soaked with water.
- Your cast feels too loose or too tight.
- You get something "stuck" under your cast you can't remove.

General Care for all types of casts:

- If your cast gets very wet and soggy it must be changed as soon as possible – call our clinic for an appointment.
- Keep your cast clean and dry, use a damp cloth to clean your cast.
- The skin under your cast may feel itchy. **Do not** insert objects under your cast to scratch an itch. If you accidentally cut the skin under the cast, it could become infected.
- Do not use powders or lotions in your cast. These products can build up, trap moisture, and cause an infection under the cast.
- You should expect some swelling in the limb above that has the cast on it. When swelling occurs, the cast will feel tight.
- To reduce swelling, elevate the casted limb above the level of your heart as much as possible.
- Do not alter your cast in any way.

Exercise:

- Exercise is important to keep your muscles strong and your joints moving easily. Make sure to do the exercises suggested by your doctor regularly.
- You should not walk on your cast unless your doctor has told you it is okay.