

# CAST CARE 101



## MOST IMPORTANT

*Contact your doctor if you have any problems with your cast and especially if you experience any of the following signs and symptoms:*

- Pain unrelieved by the medication your doctor has prescribed.
- Cast feels too tight.
- Cast becomes broken or cracked.
- Painful rubbing or pressure develops beneath the cast.
- You experience continued coldness or notice a whitish or bluish discoloration of your casted limb.
- Pain, numbness or a continued tingling of the casted fingers or toes.

# CAST CARE INSTRUCTIONS



1. Follow your doctor's instructions carefully regarding physical activity.



2. Move fingers and toes frequently to reduce swelling and prevent joint stiffness.



3. If your doctor fit you with a cast-walking shoe, wear it at all times except when sleeping or showering.



4. Avoid bumping or knocking the cast against any hard surface.



5. Do not use anything to scratch under the cast, since it may break the skin and cause infection. If itching is a problem, tell your doctor. Do not put powder or perfume down your cast.



6. Never stuff cotton or toilet tissue under the margins of the cast, since it may fall into the cast, or decrease your circulation and cause serious medical problems.



7. Never trim or cut down the length of your cast. Do not cut to remove cast padding.



8. Do you not get the cast wet.



9. If you get something down your cast and cannot get it out, please call **757-873-1554**.

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