

# Cast Care Instructions

## **After application of cast:**

- Keep extremity elevated
- Apply Ice
- Move Fingers or Toes as much as possible to avoid swelling

**DO NOT** Get cast wet.

**DO NOT** Attempt to remove cast.

**DO NOT** Alter the cast in any way unless instructed by the practice.

**DO NOT** stick anything down the cast.

## **Notify the office if any of the following problems occur:**

- Skin Irritation
- Burning
- Constant Pain
- Numbness
- Loss of Circulation
- Excessive swelling

## **If itching occurs:**

With the setting on cold, use a hair drier to blow cool room temperature air into the cast in line with the itchy spot (**DO NOT** use a Heated Setting). This should provide you some relief. As a general rule, itching is from moisture and the added air circulation tends to evaporate any excess moisture and eliminates the itch.

If the hair dryer doesn't work, Benadryl (or generic) can be used according to instructions on the box. This should fix the itch.

If you continue to have itching, call the office during normal office hours. We will consult with your doctor for further assistance.

If you break the cast or a portion of the cast becomes soft or broken: Discontinue what you were doing that damaged the cast. Notify the office during normal office hours 8:00 AM to 4:00 PM.

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