



Cast Care Instructions

785 E. Holland
Spokane, WA 99218
(877) 464-1829
(509) 466-6393
Fax (509) 466-3072

Please read the following information. If you have any questions or concerns, do not hesitate to contact the office at 509-466-6393, or toll free at 877-464-1829.

THERE ARE SEVERAL SIGNS THAT MAY REQUIRE IMMEDIATE MEDICAL ATTENTION. YOU SHOULD CALL THE OFFICE IMMEDIATELY IF YOU DEVELOP:

- Severe pain not relieved by the pain medication prescribed for you
- Numbness or tingling not relieved by 15-30 minutes of proper elevation
- Persistent burning or stinging underneath the cast
- Excessive swelling below the cast
- Loss of active movement of fingers or toes

Your New Cast

It will take 12 to 24 hours for the fiberglass cast to fully "cure." Plaster casts may take longer. Be protective of your cast during the curing time; do not rest your arm or leg on any sharp surfaces that may dent the fiberglass and in turn put increased pressure on your skin.

Elevate

Some swelling is normal after an injury. This could make the cast feel tighter and the pain worse. Swelling is best relieved by elevating the cast above the level of your heart. This generally requires you to be lying down, using enough pillows under the affected arm or leg to raise it higher than heart level.

Ice

Ice is optional and may help with pain and swelling. Place a WELL SEALED bag of ice on the injured extremity for 20 to 30 minutes three to four times a day.

Keep The Cast Dry

It is extremely important to keep your cast dry when bathing or showering, or when outside in wet weather. For bathing we recommend wrapping a small towel around the cast, then a heavy duty plastic bag sealed with duct tape, then a second plastic bag and duct tape. There are also some cast cover products available at medical supply stores if you wish to purchase one. If the cast becomes submerged in water the inside lining will NOT dry out, and you need to contact the office immediately to have a new cast applied. If a wet cast is left on, it can cause serious skin irritation and risk of infection.

Itching

If you experience itching you can try blowing warm air into the cast with a blow dryer, applying ice (in a WELL SEALED bag,) or over the counter antihistamines such as Benadryl. You should NEVER insert any object into your cast to scratch. If you do so, you risk cutting your skin beneath the cast, which could result in an infection.

Cast Care Instructions

Additional Information

Keep dirt, sand, powders and deodorants out of your cast. Do not insert any objects into the cast.

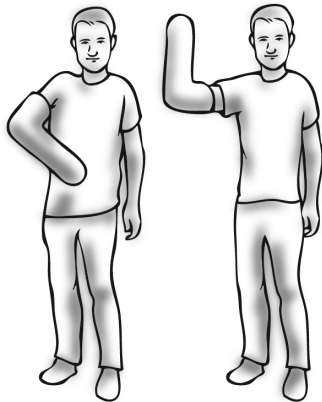
DO NOT pick at or pull the padding away from the edges of the cast. This will result in sharp edges that can irritate your skin.

DO NOT attempt to cut or trim the fiberglass yourself. If you have any skin irritation from rough edges, apply a small piece of moleskin (you should have received some of this when your cast was applied) but if this is not helpful, contact the office so we can adjust the cast.

DO NOT attempt to "fix" your cast yourself with duct tape, Bondo, or other materials. If your cast cracks or breaks, contact the office immediately so a new one can be applied. Tape and other materials make removal very difficult and can damage the saw. NEVER ATTEMPT TO REMOVE THE CAST YOURSELF WITH HOME TOOLS. THIS COULD RESULT IN SERIOUS INJURY.

Proper Elevating Positions:

Upper Extremity Elevation Standing/Sitting



Incorrect

Correct

Lower Extremity Elevation Laying Down



Incorrect

Correct