



CAST CARE INSTRUCTIONS

RULE #1: DO NOT REST CAST ON ANY HARD SURFACES.

Avoid laying your cast on any hard surfaces for the next 30 minutes. It takes approximately 3 hours for the fiberglass to fully cure. If you lay your cast on a hard surface right after it being placed, it may deform, which can cause unwanted pressure/irritation. If you have a lower extremity cast and have been told to be partial-weight bearing, you must wait the full 3 hours for the cast to fully cure before standing or walking on cast.

RULE #2: KEEP THE CAST DRY.

It is important to keep your cast dry when bathing or showering. Although fiberglass is impervious to water damage, your cast should not get wet. The cotton lining under the fiberglass or plaster can become wet and may cause skin irritation and possible skin breakdown. If your cotton lining gets wet, try to dry it with a blow dryer on low setting. If you are unable to dry it or your skin becomes itchy, you should advise your physician of this condition as soon as possible.

If you have a cast on your leg and it is wet outside (rain, puddles, melting snow, etc), put a bag over the cast to keep it dry. If it is a walking leg cast, put the cast shoe on over the cast and the bag. Do not put the bag on the outside of the cast and cast shoe.

**For waterproof cast-getting your cast wet is ok after 3 hours of initial application, but be sure to let it dry fully.

RULE #3: DO NOT INSERT ANYTHING DOWN THE CAST TO SCRATCH.

You should never insert anything down the cast to scratch. If you do so, you risk cutting your skin beneath the cast, which could result in an infection.

RULE #4: ELEVATE.

Swelling around the broken bone can increase anywhere from one to three days after the fracture. This will make the cast feel tighter and make the pain worse.

Swelling is best reduced by elevating the cast above heart level. This generally requires you to be lying down, as a sling is not high enough if you are sitting, and a footstool is not high enough for a leg cast. Think of water running down from the fractured bone to the heart when trying to decide how to elevate it. Use up to five pillows for a leg cast and three pillows for an arm cast. Elevation should continue until the swelling and cast tightness goes away. Gently exercising the fingers or toes may also help reduce swelling.



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RULE #5: ICE.

Ice is optional and may decrease pain. If you have a recent injury, place a WELL SEALED bag of ice on the injured extremity for 20-30 minutes 3-4 times a day for the first 24-48 hours after injury. Put a towel on the cast, and place the bag of ice over the towel.

Be careful not to get the cast wet.

RULE #6: WEAR THE CAST SHOE.

If you have a walking cast, you must always wear the cast shoe. Without it, the cast is very slippery to walk on. The bottom of the cast will break down easily if the shoe is not worn at all times, and may require an office visit for reapplication of the cast.

RULE #7: PROBLEMS OR QUESTIONS?

There are several signs that may require emergent (immediate) medical attention. You should call Sievers Sports Medicine anytime day or night if you develop:

- Severe pain not relieved by the medication prescribed for you
- Persistent burning under the cast
- Numbness or tingling not relieved by 15-30 minutes of elevation
- Extreme tightness under the cast or excessive swelling below the cast
- Broken or damaged cast (please do not attempt to remove the cast!)

REMEMBER!!

If you have any questions or are afraid you may have a problem, we want to hear from you! Do not hesitate to call. If the office is closed, your call will be answered by our answering service, leave a message and we will return your call.

Sievers Sports Medicine 575-226-3023