



## Desert Orthopedics Center, PLLC

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### CAST CARE OVERVIEW

You have been fitted with a cast or splint to protect your bone and reduce pain as it heals. Proper care is important to prevent complications, such as skin irritation or infection. If you have any questions or concerns, please contact your healthcare provider.

### CAST CARE INSTRUCTIONS

- **Swelling:** Mild swelling is common for the first few days and may cause your cast to feel tight. To reduce swelling, keep the cast elevated above the level of your heart for 24–48 hours (rest it on pillows) and gently move your fingers or toes often.
- **Ice:** Apply a cold pack (or bag of frozen vegetables) wrapped in a thin towel to the cast for 20 minutes every 2 hours while awake. Do not place ice directly on the skin.
- **Pain Relief:** Take your pain medication as directed, especially during the first 48 hours. Over-the-counter options such as acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) are often effective.
- **Bathing & Water Protection:**
  - Keep your cast completely dry. Cover it with two plastic bags, securing each separately with duct tape (or rubber bands for children).
  - Hold the cast outside the tub or shower. Do not submerge it or allow water to run over it.
  - Waterproof cast covers may help but are not 100% reliable.
- **If the Cast Gets Wet:** Dry with a hair dryer on the *cool* setting or use a vacuum hose to pull air through the cast. Do not use warm or hot air.
- **Cleanliness:** Keep dirt, sand, powder, and lotion away from the cast. Cover the cast while eating to avoid spills.
- **Itching:** Never insert objects into the cast. This can injure the skin and cause infection. For itching, try a hair dryer on the cool setting.
- **Padding:** Do not pull out the padding inside the cast.
- **Activity:** Children with casts may attend school and play appropriately.
- **Removal:** Do not attempt to remove the cast yourself.

### WHEN TO SEEK HELP

Contact your healthcare provider immediately if you notice:

- Foul odor, cracks, or breaks in the cast
- Cast feels too tight or too loose
- Increasing swelling that causes pain or limits finger/toe movement
- Tingling, numbness, or inability to move fingers/toes
- Fingers or toes that appear blue, cold, or very pale
- Severe pain near or inside the cast
- Cast becomes soaking wet and cannot be dried

### WHERE TO GET MORE INFORMATION

*Desert Orthopedics Center*

[www.desertorthocenter.com](http://www.desertorthocenter.com)

Phone: 877-821-4657 | Fax: 866-207-6786

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*American Academy of Orthopaedic Surgeons (AAOS)*

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