



Desert Orthopedics Center, PLLC
7301 E. 2nd St., Ste 310, Scottsdale, AZ 85251
www.desertorthocenter.com
contactus@desertorthocenter.com
Phone: 877-821-4657
Fax: 866-207-6786

CAST CARE OVERVIEW

You have been fitted with a cast or splint to protect your bone and reduce pain as you heal. It is important to take care of your cast or splint to minimize the risk of potential complications, such as skin infection. If you have questions or concerns about your cast, contact your healthcare provider.

CAST CARE INSTRUCTIONS:

- Mild swelling of the injured area is common during the first few days. Swelling may make your cast feel tight initially. To reduce swelling, keep the cast above the level of your heart for 24 to 48 hours. This can be accomplished by resting it on pillows. Also, gently move your fingers or toes (where the cast is located) frequently.
- Ice helps keep the swelling down. Apply a bag of ice (or a bag of frozen vegetables) covered with a thin towel to the cast for 20 minutes every two hours while awake. Do not apply ice directly to the skin.
- Take your pain medicine for at least 48 hours. Acetaminophen (Tylenol and others) or ibuprofen (Advil or Motrin) usually provide adequate pain relief.
- To keep your cast dry when you bathe, cover it with two plastic bags, tape each bag (separately) to your skin with duct tape, and hold the cast outside the tub or shower while you wash. In young children, you can use two rubber bands, one at the top of each plastic bag, instead of tape. Rubber bands may not be as good at keeping the cast dry but removing tape from the skin will hurt younger children. Even when covered with plastic, you should not place a cast in water or allow water to run over the area. Waterproof cast covers are available at medical supply stores but are not completely waterproof.
- If the cast becomes wet, you can dry it with a hair dryer on the cool setting. Do not use the warm or hot setting because this can burn the skin. You can also use a vacuum cleaner with a hose attachment to pull air through the cast and speed drying.
- Keep the cast clean and avoid getting dirt or sand inside the cast. Do not apply powder or lotion on or near the cast. Cover the cast when eating.



Desert Orthopedics Center, PLLC
7301 E. 2nd St., Ste 310, Scottsdale, AZ 85251
www.desertorthocenter.com
contactus@desertorthocenter.com
Phone: 877-821-4657
Fax: 866-207-6786

- Do not place anything inside the cast, even for itchy areas. Sticking items inside the cast can injure the skin and lead to infection. Using a hair dryer on the cool setting may help soothe itching.
- Do not pull the padding out from inside your cast.
- Children with casts can go to school and play appropriately.
- **Do not remove cast yourself.**

WHEN TO SEEK HELP:

- If there are some areas or a foul odor from the cast, cracks or breaks in the cast, or the cast feels too tight or too loose.
- You develop swelling that causes pain or makes it so you cannot move your fingers or toes.
- You develop tingling or numbness in the arm or fingers or toes.
- Your fingers or toes are blue or cold.
- You develop severe pain in or near the casted arm or leg.
- The cast becomes soaking wet and does not dry with a hair dryer or vacuum.

WHERE TO GET MORE INFORMATION:

Desert Orthopedics Center (DOC) is the best source of information for questions and concerns: <https://www.desertorthocenter.com/>

AAOS:

<https://www.aaos.org/>