



## McFarland Clinic

### CAST CARE INSTRUCTIONS

- NEVER get your non waterproof cast wet, must be covered with a cast cover found at most drug stores or by a plastic garbage bag.
- Keep casted limb elevated above the heart for 48 hours after cast application and at any time swelling occurs.
- 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.
- Do not pull the padding out from inside your cast.
- Ice helps keep the swelling down. Apply a bag of ice (or a bag of frozen vegetables) covered with a thin towel around the cast for 20 minutes every two hours while awake. Do not apply ice directly to the skin.
- Take your pain medicine if you have pain. After the first few days, you may be able to take a non-prescription pain medication, such as acetaminophen (Tylenol and others).
- Wear sling for arm cast if directed, but remove to do range of motion to elbow and shoulder at least twice daily.
- Every hour make a fist and move fingers if you have an arm cast or move toes and knee to keep good circulation in your extremities.
- Do NOT lean or press on your cast. Leg casts are NOT made to walk on unless specifically told to do so by physician.
- Do NOT insert any items between cast and skin for itching or any reason. If cast is waterproof you may do a cool water soak to relieve itching. If non waterproof a cool blow dryer may be used to relieve itching.

#### Contact physicians office or go to nearest ER/Urgent care if any of the following occur:

- Excessive swelling to where the cast becomes tight to your hand or foot.
- Fingers or toes become blue or purple and cold and can not be warmed with blankets or complete loss of sensation occurs. Some bruising is normal.
- Severe or localized pain not controlled by medication.
- Cracking or significant wear of cast.



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**Extraordinary Care, Every Day**