

SAULT AREA HOSPITAL

PATIENT INFORMATION

Cast Care – Discharge Information

Your cast needs special care so that your broken bone(s) will heal properly and you will be as comfortable as possible.

Notify Your Doctor If.....

- Pain continues for a long time
- Your toes or fingers of the injured limb become swollen, turn blue or pale in color, or feel unusually cold

Do's and Don'ts – Cast Care

DO

- Elevate the cast as much as possible
 - Arm Cast** – keep hand up above the level of your heart
 - Leg Cast** – keep foot higher than the knee and the knee higher than the hip
- Keep the cast dry
 - Sponge baths are preferred
 - Stay inside during wet weather unless the cast is protected by a boot or plastic bag
- Exercise fingers and toes frequently
- Avoid hitting the cast against other objects as it will break or weaken the cast
- Cover the sharp edges with adhesive tape
- Clean skin in areas you can reach with a cloth dampened slightly with rubbing alcohol (not water)
- Keep toes warm by wearing a loose sock

DON'T

- Cover the cast until it is completely **DRY**. It takes about 24 hours.
- Put anything down inside the cast (even baby powder will get caked and cause irritation)
- Pick cotton out of the cast
- Walk on a non-walking. If a walking heel is put on DO NOT walk on it for at least 2 days to allow cast to dry completely.

Additional Instructions:
