

# caring for your cast

## Keep your cast dry.

- When a cast becomes wet, so does the cotton padding inside of the cast. The padding holds water in and it is difficult to dry out on its own. This can cause your skin to macerate. Mold may also begin to grow inside of the cast.
- Cover the cast with a plastic bag before bathing.
- Do not put the cast into water or into a stream of water.
- Please contact the office if the cast does become wet so that it can be changed.

## Elevate your cast or splint.

- Keep the injured arm or leg raised above the level of the heart for 48 hours. This helps to relieve pain and decrease swelling.

## Do not put anything in your cast, even if the cast is causing you to itch.

- This includes, but is not limited to: coat hangers, coins, toys, powder, cornstarch, etc.
- Do not put soap directly into the cast.
- If an object becomes stuck in the cast, your skin may try to grow over the object. This can cause an infection.
- If you are using an object (like a coat hanger) to scratch the inside of the cast there is a chance that you may puncture your skin. This could also cause an infection.
- If the cast is causing you to itch, a hair dryer on a cool setting directed under the cast may provide some relief.

## Do not pull the padding out of the cast.

- The padding inside the cast helps to protect your skin from the fiberglass or plaster (the hard part of the cast).
- If the padding is pulled out of the cast, the fiberglass or plaster will be in direct contact with your skin and will cause irritation.
- If the padding is pulled out of the cast, it is possible that when the cast is being removed, the cast saw can burn you.

## Do not paint the cast.

- Paint will cause poor air circulation under the cast and will cause discomfort.

## Do not remove the cast yourself.

## If your leg is casted and you have been given permission by a physician or the physician's assistant to bear weight in the cast, be sure that your cast shoe is worn at all times unless you are sleeping or bathing.

- If you walk around without the cast boot on, the bottom of the cast will break down. Then, the cast is not serving its purpose.
- Certain types of flooring can also be very difficult to walk on without the cast boot covering the cast. This has the potential to result in an accident.

