



Cast Care

You've just been given a cast made of fiberglass. This cast will hold your arm in place to help it heal. Though it might feel a bit awkward at first, you'll soon get used to it. During the coming days and weeks, the way you treat your cast can play a big part in how fast and how well you heal. For the best results, follow the cast care tips on this handout.

DO NOT PUT ANYTHING DOWN YOUR CAST! This may lead to infection.

Keep your Cast Dry

A wet cast can become soft. Then it will not hold your limb in place. A wet cast can also cause infections or rashes. To keep your cast dry, do the following:

- Bathe as directed by your healthcare provider. When you bathe, keep your cast out of the water and covered in plastic.
- If part of the cast gets slightly damp, you may dry it with the cool setting on a blow dryer.
- If your cast gets wet, call your healthcare provider.

Tips for Comfort

Here are a few ways to stay comfortable:

- To relieve pain and reduce swelling, keep the cast raised above heart level.
- Wiggle your toes or fingers as much as possible to improve circulation.
- If you itch, DO NOT scratch inside the cast. To relieve itching, raise the cast and/or change positions. You can also try using a blow dryer set on "cool".
- You may apply ice to your cast, first place a towel down to keep your cast dry.
- If your toes or fingers get cold, raise them and cover them with a sock or blanket.

When to call your doctor

- Persistent pain
- Swelling that does not respond to elevation
- Change in sensation
- Decreased ability to move fingers/toes and changes in color and temperature
- Odors, stained areas and warm spots also need to be reported
- Cast is too loose or tight

DO

- ~Do keep the cast clean and dry
Cover it with plastic to protect it when around dirt or water
- ~ Do use any support you are given, such as crutches or a sling.
- ~Do elevate the cast above heart level whenever possible.

DON'T

- ~Don't bang the cast.
- ~Don't slide anything inside the cast.
This can cause infection.
- ~Don't put lotion or powders around the cast or inside it.
- ~Don't wash the cast.
- ~Don't cut the cast or pull apart.