



## 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.

### Water proof casting

- With this type of cast you may wash, shower or swim as usual.
- Let cast drain and you may use a cool hairdryer to help with the process.

### 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.