



RICHMOND BONE & JOINT CLINIC

CAST CARE TIPS

You have just been placed in a fiberglass cast. This cast will hold your broken bone in place to help it heal properly. It may feel a bit awkward at first, but if you read and follow the instructions below you will be on a quick and comfortable road to healing.

Ways to stay comfortable:

- Keeping the cast elevated above the level of your heart will help to reduce pain and swelling.
- Wiggling your fingers or toes periodically will help improve blood flow.
- If you get an itch, don't scratch inside your cast, instead try repositioning or raising the cast. You may also try using a blow-dryer on a cool setting. Over the counter Benadryl may also help relieve itching.
- If your fingers or toes should get cold you can simply cover them with a sock or blankets to keep them warm.
- NEVER stuff anything into your cast.
- Do not break off rough edges or trim your cast with out consulting your physician.
- Do not expose the inside of your cast to sand, dirt, or powders.
- Avoid getting excessively sweaty while in your cast.
- NEVER REMOVE THE CAST YOURSELF.

Ways to keep your cast DRY:

- At bath time you can wrap your cast in a towel then place in a plastic bag and seal the opened end with a rubber band or plastic wrap.
- If the cast gets slightly damp, use a towel to pat the cast dry on the outside and a blow-dryer on a cool setting to dry out the inside.
- If your cast should get soaking wet please contact our office and ask to speak with our cast tech. You may need a new cast.

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