

NIPAWIN HOSPITAL

ABOUT CASTS

Special care is required for the first 48 hours.

To Reduce Swelling:

- Elevate the cast above your heart (elevate the hand or foot on pillows)
- Wiggle your fingers or toes frequently to improve circulation
- Apply ice packs as instructed - cold will penetrate the cast (make sure a plaster cast stays dry)

To Protect A Plaster Cast:

- Handle with care (use your palms, not your fingers to lift or move the cast)
- Keep uncovered, even at night (the cast is still drying and needs air flow)
- Avoid resting the cast on hard or sharp surfaces. Dents can cause sores.
- Don't stand on a walking cast until completely dry.

Be Alert For These Warning Signs:

- Increased pain
- Cold fingers or toes (including blue color, numbness, or tingling sensation)
- Prolonged swelling
- Soft spots or cracks in the cast (do not tape)
- Dark stain on the cast (may indicate bleeding)
- Unexplained fever
- Poor fit, causing the cast to feel too loose or too tight

For any of these problems, report to your doctor or hospital emergency department as soon as possible.

ONGOING CARE

Exercise:

Do exercises only as recommended by your Doctor. You may be told to move your fingers and toes at least every 10 seconds - movement keeps muscles in shape and aids blood flow.

Elevate leg cast whenever possible (use pillows). If you've been given specific exercises, ***DO THEM***.

Adapt:

Try to keep your cast dry (a must for plaster casts). Wrap it in a plastic bag when bathing or try sponge baths.

Avoid tight clothing that could restrict circulation.

Don't scratch and never poke anything down a cast. Infection could result. If itching persists, consult your doctor.

Contact Your Doctor If You Notice:

- Bad odor from the cast
- Red or raw skin under edges of the cast
- Soft, cracked or broken places on the cast